

Move More Home Workout!

Here is a wonderful workout for you to do at home and the fabulous thing is that you don't need any equipment for this one. It can be done in your lounge room if you are stuck inside or it can be done in your hotel room when you are travelling for work.

I should mention though, that the disadvantage of exercising at home is that you can easily get distracted. It's important that you prioritise this time for you. This is your gift to yourself, so here are three helpful hints on how to do that:

1. Put your phone in another room so you don't hear it ping;
2. Let family members or flat-mates know that you are not to be interrupted for 10, 20, 30mins;
3. Reward yourself (not with cake!!) if you get through your workout without interruptions.

Light warm-up:

Jog or march on the spot then stretch the upper body, hamstrings, quads & calves.

Workout:

- 2min step-ups – *if there is no step in site, do little jumps back and forth*
- Jump Squats x 20
- Mountain Climbers x 20
- Push-ups x 20 – *from knees or toes or off a raised bench*
- Lunges - 15ea leg
- Elephant walks x 10
- Sit-ups or Crunches x 20
- Plank - 45 sec

- Repeat 3-5 times - *depending on how much time you have or how much stress you are wanting to shake off!*

Cool Down:

Walk for 3-5mins, then stretch quads, hamstrings, calves and upper body.

Exercise Explanations:

Jump Squats – touch the ground with both hands just in front of your toes. Jump up into the air with your hands above your head. Easy version is to stand up and put your hands above your head, harder version is a BIG jump.

Mountain Climbers – start in plank position with your hands on the floor slightly wider than shoulder width. Draw in your abdominals and drive one knee into the chest then quickly place it back down and bring the other leg into your chest. Continue with right, left, right, left knees “running” to the chest. Prevent bouncing up and down in your body by keeping abs tight.

Elephant Walks – from a standing position, bend forward until your hands reach the ground, then walk out on your hands until you are in the push-up position. Then walk back with your hands until you stand back up.

There is nothing like including movement into your day to make you feel sharp of mind and positive in your outlook.

Focusing on moving your body more will really make a difference to your reactions to the stress in your life.

Of course, the health and fitness benefits are countless, so find a way somehow, someday to shake it up!

Be well. Love life.

Heidi Dening
Founder and CEO

