



EAP Wellness Letter

October 2013



It's hard to start exercising. Finding a gym or fitness program near where you live or work and just the planning on when to go and if someone will go with you are just a few excuses. Even money can be a factor. Luckily, there are many alternatives that are little to no cost at all to you. *Check out these tips to jump-start your exercise plan:*

Everyday activities

There are many activities we do everyday that can count as a workout.

Walking. It's one of the best exercises you can do, and it's free! Try to take a brisk walk everyday, whether it's taking the stairs instead of the elevator at work, parking further away at the grocery store, there are many ways you can get in a walk or extra steps that you normally don't take.

Housework. Making a workout out of everyday cleaning is an easy way to exercise. Instead of putting off household chores until

the weekend, break it up every day to get a needed workout.

Play. Playing with your kids or your pets is great exercise. Instead of watching them play, join in the fun. Play a game of tag, go hiking, have a dance party or a race, the ideas are endless to have fun and keep your family moving.

Everyday household items

There are many items in your home that you can use to exercise instead of spending money on equipment.

Canned goods. Open up your cupboard and grab the heaviest cans you can find and use them as hand weights.

Chair or step stool. You can use a chair to do leg curls or even push ups. To do step training, which is like climbing stairs, you can use a step stool.

Source: MayoClinic.com



Friday Facts

October 4, 2013

LOW-COST EXERCISE ITEMS

Dumbbells

Available in many sizes, dumbbells are an inexpensive way to work your upper body. You can do simple arm curls to work your biceps, forearms and triceps.

Source: mayoclinic.com



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Friday Facts

October 11, 2013

LOW-COST EXERCISE ITEMS



Fitness Ball

This inexpensive workout tool is great exercise to work your core. The most common workout with a fitness ball is abdominal crunches, which you lay on your back on the ball and move your torso up a couple inches, but not like a full sit-up. You can also improve your balance and flexibility on the ball.

Source: mayoclinic.com

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Friday Facts

October 18, 2013

LOW-COST EXERCISE ITEMS

Jump-ropes

Go back to your elementary days where everyone skipped rope! A simple and fun way everyone in your family to get exercise.

Exercise DVDs

Another inexpensive alternative to going to the gym, exercising in your own home on your own time. There are so many DVDs to choose from.

Source: mayoclinic.com



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Friday Facts

October 25, 2013

LOW-COST EXERCISE ITEMS



Yoga mat

Many people think that a Yoga mat is for Yoga only, but really it is a great tool for other exercises. You can use the mat for sit-ups, stretching, running in place, push-ups or even working on balance, like balancing on one foot. The possibilities are endless what you can do. The main purpose of the mat is for support and comfort of your body versus exercising on a hard floor.