Get Creative with your At-Home Workouts

Imagine this: If I was standing in front of you (keeping my 6 feet distance of course) and I said the word "workout," what is the first thing you think of?

I will tell you what I thought of. I had thought about "the gym." Then, I proceeded to think about exercise equipment at the gym, like barbells, strength machines, dumbbells, ellipticals—those types of things. All the things that most of us do not have access to right now. Although we may not have those pieces of equipment at our homes right now, does that mean we must stop our workouts entirely? Not necessarily.

Physical activity is vital to healthy living and longevity. It allows us to reduce stress and increase productivity while working at home. So, when many gyms are closed, we need to find a way to make exercise work to improve our overall wellbeing. Therefore, getting creative with your at-home workouts is key to help you achieve your fitness goals, even without "the gym." Trying new ways to workout will help us face setbacks and overcome challenges that you may be facing right now. Here are 5 creative ways that you can incorporate exercise into your day:

1. Stay active as a family
   - Have a dance party
   - Organize pick-up games
   - Create an exercise scavenger hunt
   - Field Day activities

2. Pick up a New Skill
   - Nail a Tik Tok Dance
   - Learn how to juggle or hula hoop
   - Play disc golf at your local state park

3. Go outside
   - Visit your local state park and hike
   - Ride your bike around your neighborhood or on a local trail
   - Walk your dog on your lunch break

4. Use your bodyweight
   - Complete a squat or push up challenge with your family, friends, or colleagues
   - Take BODYCOMBAT, GRIT CARDIO, Pilates Tone, Barre, or Zumba with EHW Virtual Fitness Classes! No equipment needed!
   - Exercise at the park and use Amy's workout guide

5. Your home is filled with exercise equipment!
   - Laundry detergent or paint cans can be used as dumbbells
   - A backpack filled with items can be used as a kettlebell
   - Towel can be used as a mat
   - Soup cans can be used as small handheld weights