

At Home Exercise Guide



Tips for establishing a successful at home exercise routine

- Have a plan. Schedule time in your day to exercise, preferably the same time everyday for consistency.
- Create an open, comfortable space in your home for exercise.
- Keep yourself motivated by setting goals along the way.
- Switch it up. Keep things exciting by participating in a variety of exercises or try something new.

Free Exercise Websites and Apps (click name for link)

Fitness Blender

Make Your Body Work

Spark People

ACE Exercise Library

YouTube

FitOn

Do Yoga with Me

Yoga with Adrienne

Heart Healthy – 1 Mile Walk

***Please Remember you should always receive exercise clearance from your provider before participating in an exercise program.*

Click Links Below for Examples of No Equipment Needed Exercises!

Stretching Exercises

Ab Workout

30 Minute Walk

2 Minute Cardio

Arms and Back

Chair Cycle

More examples on Darebee.com