



# Staying Fit: Home and Away



## Handout Contents

Staying Fit Home and Away Presentation Slides

Staying Fit Equipment List

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Body Weight Exercise List




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**Objectives**

- Identify benefits and barriers to physical activity
- Discuss components of an exercise session
- Identify types of equipment and exercises that can be utilized for home workouts
- Develop an action plan for a home workout incorporating all aspects of fitness

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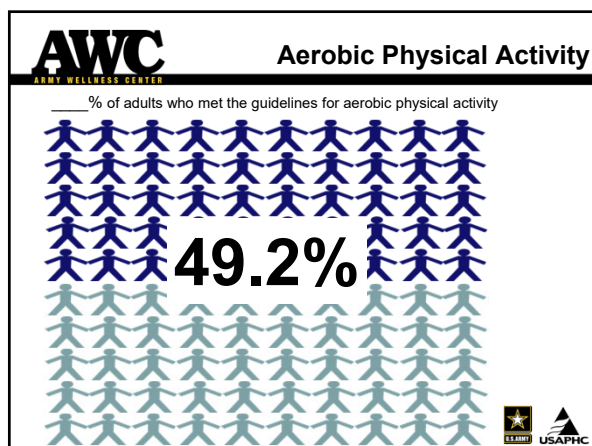
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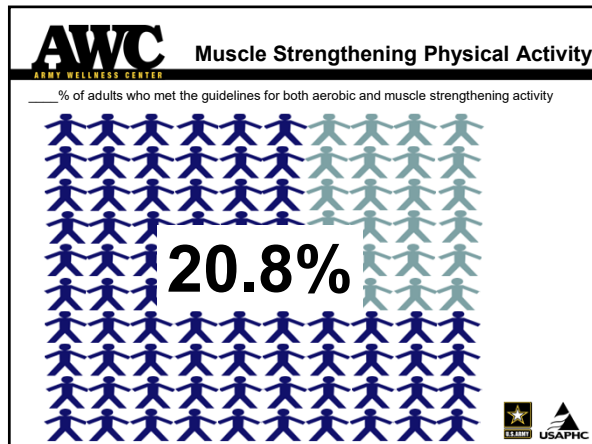
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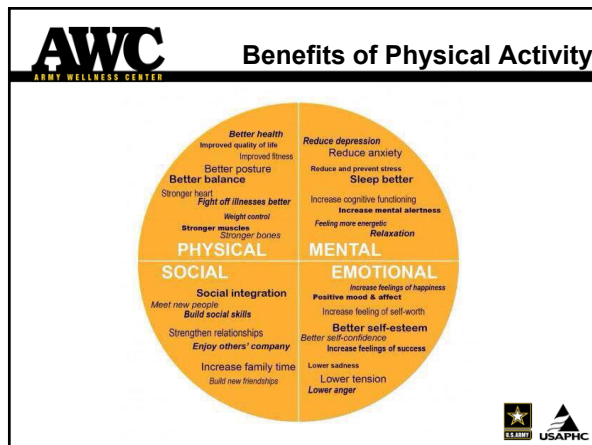
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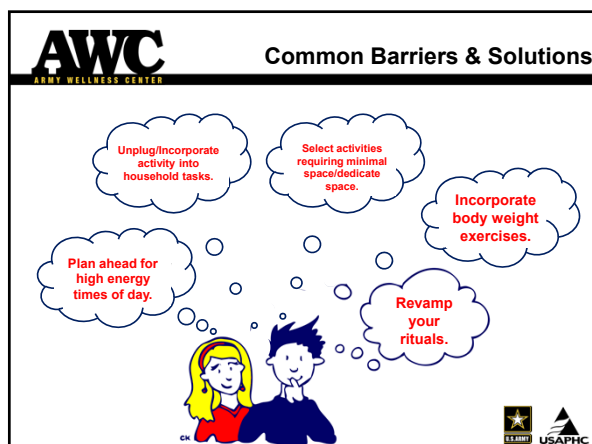
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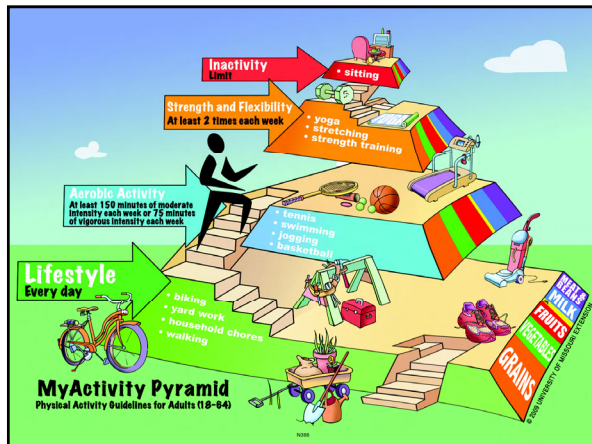
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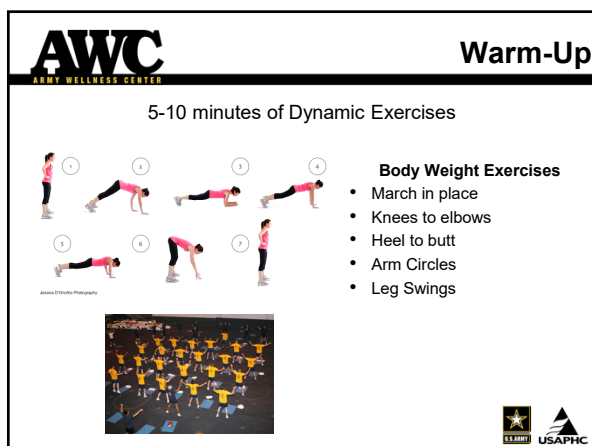
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### Cardiovascular Training

>150 minutes of Moderate or 75 minutes of Vigorous











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### Strength Training

2 or more days per week of Major Muscle Groups









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### Cool-Down

5-10 minutes after Exercise











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[illegible]

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**AWC**  
ADULT WELLNESS CENTER

## Goal Setting

**S**  
Specific

**M**  
Measurable

**A**  
Attainable

**R**  
Realistic

**T**  
Time-bound

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|  <b>Goal Setting</b> |   |
|---|---|
| Ideas   | SMART Goals   |
| I want to begin a walking program.  | I will walk 30 minutes, 3 days per week for 4 weeks.  |
| I want to start strength training from home.  |   |

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|  <b>What's Next?</b> |                 |                 |                 |                     |        |                         |
|---|-----------------|-----------------|-----------------|---------------------|--------|-------------------------|
| Sunday  | Monday          | Tuesday         | Wednesday       | Thursday            | Friday | Saturday                |
|   | Walk 30 minutes |                 | Walk 30 minutes | Body weight circuit |        | Walk 30 minutes         |
|   |                 | Walk 30 minutes |                 | Walk 30 minutes     |        | Household goods circuit |
|   | Walk 30 minutes |                 | Walk 30 minutes | Body weight circuit |        | Walk 30 minutes         |
|   |                 |                 |                 |                     |        |                         |

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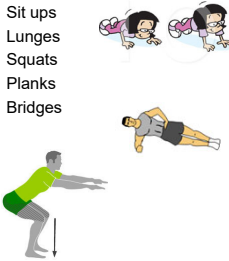


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|  <b>What's Next?</b>   |   |
|---|---|
| <b>Body Weight Circuit</b> <ul style="list-style-type: none"> <li>• Push ups</li> <li>• Sit ups</li> <li>• Lunges</li> <li>• Squats</li> <li>• Planks</li> <li>• Bridges</li> </ul>  | <b>Household Goods Circuit</b> <ul style="list-style-type: none"> <li>• Laundry Detergent Curls</li> <li>• Chair Step Ups</li> <li>• Child Push Press</li> <li>• Milk Jug Squats</li> </ul>   |

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## Conclusion

- Identified benefits and barriers to physical activity
- Discussed components of an exercise session
- Identified types of equipment and exercises that can be utilized for home workouts
- Developed an action plan for a home workout incorporating all aspects of fitness



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## Services



*Sleep Education*  
*Weight Management*  
*Metabolic Testing*  
*Nutrition Education*  
*Wellness Coaching*

*Exercise Testing*  
*Exercise Prescription*  
*Body Composition Analysis*  
*Health Assessments*  
*Stress Management Education*



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**Staying Fit Home and Away Recommended Equipment List**

| Item                                     | Place   | Cost     | QTY | Website/Product Number  |
|--|---------|----------|-----|---|
| 1-Gallon jug (bring from home)           | Walmart | \$ 2.00  | 2   | One for water, one for sand--someone might be able to bring from home   |
| Sand                                     | Walmart | \$ 2.45  | 2   | Probably need at least 2, possibly 3: <a href="https://www.walmart.com/ip/Decor-Sand-28oz/35648537">https://www.walmart.com/ip/Decor-Sand-28oz/35648537</a>   |
| Laundry detergent box (bring from home!) | Walmart | \$ 11.00 | 1   | <a href="https://www.walmart.com/ip/Sun-Triple-Clean-Tropical-Breeze-Powder-Laundry-Detergent-and-All-Purpose-Cleaner-22.7-lbs/34482183">https://www.walmart.com/ip/Sun-Triple-Clean-Tropical-Breeze-Powder-Laundry-Detergent-and-All-Purpose-Cleaner-22.7-lbs/34482183</a> |
| Resistance band - x-light                | Enasco  | \$ 7.95  | 2   | enasco.com PN: PE08512E   |
| Resistance band - light                  | Enasco  | \$ 4.89  | 2   | enasco.com PN: PE08513E   |
| Resistance band - medium                 | Enasco  | \$ 9.30  | 2   | enasco.com PN: PE08514E   |
| Stability ball 21"                       | Enasco  | \$ 34.25 | 1   | enasco.com PN: PE08505E   |
| Stability ball 24"                       | Enasco  | \$ 39.25 | 1   | enasco.com PN: PE08506E   |
| Foam roller                              | Enasco  | \$ 24.75 | 1   | enasco.com PN: PE08055E   |
| Handheld Foam Roller                     | Walmart | \$ 25.00 | 1   | <a href="https://www.walmart.com/ip/Tiger-Tail-Rolling-Muscle-Massagers-11-Roadster/43337183">https://www.walmart.com/ip/Tiger-Tail-Rolling-Muscle-Massagers-11-Roadster/43337183</a>   |
| Tennis ball                              | Enasco  | \$ 4.50  | 1   | enasco.com PN: PE00857E   |
| Dumbbells (10 lb)                        | Enasco  | \$ 16.20 | 2   | enasco.com PN: PE07450E   |
| Towel                                    | Walmart | \$ 4.00  | 1   | Someone might have an extra at home: <a href="https://www.walmart.com/ip/Mainstays-Essential-True-Colors-Bath-Towel-Collection/23565953">https://www.walmart.com/ip/Mainstays-Essential-True-Colors-Bath-Towel-Collection/23565953</a>                                      |
| Yoga mat                                 | Enasco  | \$ 14.55 | 1   | enasco.com PN: PE08919E   |



## Exercise Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          |        |          |
|        |        |         |           |          |        |          |
|        |        |         |           |          |        |          |
|        |        |         |           |          |        |          |

## Warm-Up

|                        |   |
|------------------------|---|
| <b>Body Weight</b>     | High Knees, Butt Kicks, Jumping Jacks, Arm Circles, Leg Swings, Inch Worms, Walking/Jogging |
| <b>Household Items</b> | PVC Pipe, Tennis Ball, Broomstick   |
| <b>Equipment</b>       | Foam Roller, Yoga Mat, Stretching Strap, Resistance Band                                    |

## Cardiovascular

|                        |   |
|------------------------|---|
| <b>Body Weight</b>     | Walking, Running  |
| <b>Household Items</b> | Gaming Console, Trampoline, Stairs, Basketball, Soccer Ball |
| <b>Equipment</b>       | Jump Rope, Treadmill, Elliptical, Bicycle, Roller Blades    |

## Strength Training

|                        |   |
|------------------------|---|
| <b>Body Weight</b>     | Planks, Sit-Ups, Push-Ups, Squats, Lunges, Dips, Burpees, Mountain Climbers, Bridges, Wall Sits |
| <b>Household Items</b> | Laundry Detergent, Water Jug, Chair, Soup Cans, Produce, Children                               |
| <b>Equipment</b>       | Resistance Bands, Medicine Balls, Kettle Bells, Pull-Up Bar, Dumbbells, Ab Roller               |

## Balance and Stability

|                        |   |
|------------------------|---|
| <b>Body Weight</b>     | Standing On One Foot, Leg Raises, Yoga Movements, Bird-Dog, Tai Chi |
| <b>Household Items</b> | Chair Cushion, Mattress, Blanket, Pillow, 2x4, Lines On Floor, Curb |
| <b>Equipment</b>       | Stability Ball, Bosu Ball, Dyna-Disc, Balance Board, TRX Trainer    |

## Cool-Down

|                        |   |
|------------------------|---|
| <b>Body Weight</b>     | Static Stretching, Jogging, Walking     |
| <b>Household Items</b> | Towel, Rope                             |
| <b>Equipment</b>       | Yoga Mat, Foam Roller, Stretching Strap |

Getting fit or staying fit doesn't have to be complicated or expensive! Body Weight exercises are a great way to achieve gains in strength, flexibility, endurance, and overall health—all at no cost to you!

### 20 Body Weight Exercises to Get You Started

- |                  |                       |
|------------------|-----------------------|
| 1. Pushups       | 11. Burpees           |
| 2. Squats        | 12. Tuck Jumps        |
| 3. Lunges        | 13. Mountain Climbers |
| 4. Planks        | 14. Butt Kickers      |
| 5. Crunches      | 15. High Knees        |
| 6. Hip Bridges   | 16. Bird Dogs         |
| 7. Leg Lifts     | 17. Crab Walks        |
| 8. Arm Circles   | 18. Bear Crawls       |
| 9. Jumping Jacks | 19. Tricep Dips       |
| 10. Calf Raises  | 20. IYT's             |

Most bodyweight exercises have modifications and variations reducing redundancy and making it easy to mix up your workout!

### Sample Body Weight Workout:

#### 50/50 Circuit: Mix of Cardio and Strength

##### Set 1

50 Jumping Jacks  
10 Pushups  
20 Squats  
20 Crunches

##### Set 2

50 High Knees  
15 Leg Lifts  
20 Hip Bridges  
15 Tricep Dips

##### Set 3

50 Mountain Climbers  
15 Bird Dogs  
20 Lunges (10 each leg)  
15 Calf Raises

- ✓ Repeat each set 3x
- ✓ No rest between exercises
- ✓ Rest 1 minute between sets
- ✓ Duration: ~30 minutes

### Apps:



SworKit



Virtual Trainer  
Bodyweight



Nike+ Training  
Club



FitStar