

Fitness Ideas/Thoughts

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your [brain health](#), help [manage weight](#), reduce the [risk of disease](#), strengthen [bones and muscles](#), and improve your ability to do [everyday activities](#).

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity.

Everyone can experience the health benefits of physical activity – age, abilities, ethnicity, shape, or size do not matter.

Each underlined phrase above is a hyperlink to additional information on the benefits of physical activity. Below are some examples of short workouts that you can do to help elevate your heart rate. Just challenge yourself and your family members to put your device down and get outside and do something active. Even just going for a walk will help.

Other thoughts/ideas for exercise ideas: 1) Play catch with a football or frisbee, 2) Shoot hoops as a family (playing horse is always fun), 3) Go for a bike ride, 4) Jump Rope Challenge, 5) Find a nature trail to enjoy, 6) Jump Rope, 7) Squat jumps and or jump lunges, 8) Burpees, 9) Mt. Climbers, 10) Inchworms, 11) Golfing, or anything else that gets you moving. It's always easier if you are doing something you like.

Fitness Workout-Beginner

Warm Up: 40 Jumping Jacks- 25 skiers and bells. Arm circles, start small then gradually get bigger. Zombie Walks. Knee Hug to lunge. Lateral Lunges

Conditioning/Core Work Combo: Try to split the people doing the workout into two groups- One group will complete this list while the other rests and then the second group will go. Try to do 3 rounds if you're able.

1. 25 Jumping Jacks
2. Push Ups- 8 Regular and 8 Hindu or Pike or Diamond. Can change each round.
3. 25 Jumping Jacks
4. Legs- Do 10 reps per round. Do one exercise per round.
 - a. Air Squats, Squat Holds, Lunges(jumping and regular)
5. 25 Jumping Jacks
6. ABS- Do 20 reps per round. Do one exercise per round.
 - a. Leg Lifts(regular and hip press)
 - b. Scissors
 - c. Planks
 - d. AB circles
 - e. Situps(reach and regular)

Fitness Workouts-Intermediate

Warm Up: 1 Minute of Jump Rope(pretend you have a rope if you don't have one)- 25 skiers and bells. 10 one leg skiers. 10 squat jumps. Arm circles, start small then big. Zombie Walks. Knee Hug to lunge. Lateral Lunges

Conditioning/Core Work Combo: Stations- One group will complete this list and then the second group will go. We will do 3-4 rounds.

1. 12 Squat Thrusts
2. Push Up Combo- 8 Regular and 8 Hindu/Pike
3. 12 Hindu Squats
4. 30 Mountain Climbers
5. 30 Second Squat Hold or Wall Sit

Fitness Workouts-Difficult

Warm Up: 1 Minute of Jump Rope- 25 skiers and bells. 10 one leg skiers. 10 squat jumps. Arm circles, start small then big. Zombie Walks. Knee Hug to lunge. Lateral Lunges

Conditioning/Core Work Combo: Stations- One group will complete this list and then the second group will go. We will do 3-5 rounds.

1. 50 Jumping Jacks
2. 25 Push ups- Your choice just have to do 25 total.
3. 50 Jumping Jacks
4. 20 Burpees
5. 50 Jumping Jacks
6. 15 Leg lifts to hip press.