

# TIPS TO WORKOUT AT HOME SAFELY

Because no one has time for broken toes or torn muscles right now. To help you sidestep any potential mishaps (and make the most of your new ways to move), we've researched some common safety tips to keep your body injury-free while working out at home

1

## CLEAR THE SPACE

Make sure you have the room including nothing on the floor around you to exercise. Check that you're in the clear by putting your arms up and out to the sides and doing a 360-degree spin.



With kids at home also check the floor for toys, books, weights, and anything else that could get in the way and cause you to trip and fall or hurt yourself—and that goes for after your workout, too.

Move furniture if you need to (and is safe to do so), so you have the room to jump around, especially if you're doing a HIIT class or any plyometric move, like burpees or star jumps.

2

## SLIP ON SOME SHOES

While you can work out barefoot, experts recommend sweating in sneakers—but not ones you wore outside. If you can't bear to slip into some sneakers your next safe bet is to go barefoot, definitely no socks.



There are benefits of working out with naked feet—all the nerves in your feet help you get a better sense of the ground beneath you and you can better push off for moves like squats and deadlifts. But when you don't have protection on your feet, it's extra important to make sure you don't have any equipment on the floor that you could potentially run into. And if you really, truly prefer to sweat in socks, wear those with grips on the bottom, like socks with zero slippage.

3

## KNOW YOUR BODY

There are so many free workouts available, which is great, but each individual has different goals, priorities, and different fitness levels. If you find a free workout and it doesn't feel good on your body, then that's a sign to skip it.

Also, if you're new to exercise but want to use this time at home to kick start a regular routine make sure to take it slow. If you try to get too ambitious and start a workout routine that you think will push you a lot and then do that for a few days in a row, you could get overuse injuries, then you'll likely stop and won't do it again. Instead, start with something you know or a first timer-friendly workout and then go from there.

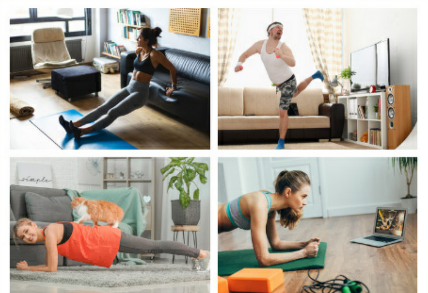


4

## SWITCH IT UP

It's easy to work out every day, especially now that everyone's locked up inside and can't get to our favourite cardio classes more than the body weight routines at home. But if you're trying to exercise every single day, try not to repeat the same movements. For instance, avoid doing weighted squats every day of the week and maybe add in some reverse lunges or jumping jacks instead. For cardio, try alternating biking, running, and jumping rope.

A great way to make sure you're not overdoing it is to create a weekly schedule—write it down and map it all out, this will keep you accountable, ensure that you're not over training, and bring some normalcy in your life, something we're probably all craving right now even more than movement.



5

## CONSIDER EXERCISES TO COUNTERACT DESK CULTURE

It's easy to get comfy working on the couch, or sitting and staring at the computer on your desk all day. But that's exactly why you want to do some moves that reverse the forward-facing, typically hunched-over position that causes tightness in your neck, shoulders, and middle back.

Tips:

- Take your phone calls standing up or look for more opportunities to stand up during the day.
- Put a timer on for every hour and when it goes off everyone in the house does 10 squats, 10 glute bridges, and 10 bent over rows. For some extra core work.
- Try doing 30-second plank holds throughout the day or moves like superman.



6

## HAVE FUN WITH IT!

No matter what type of work out you do, experts agree it's most important to have fun with it and enjoy the movement.

If need more motivations look at getting a group together for a Microsoft Teams workout sessions.

