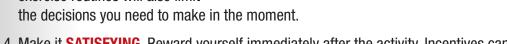


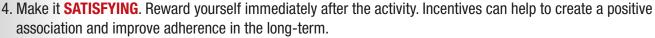


Turning your kitchen, living room or office into an exercise space can be challenging, particularly if you associate those spaces with eating, watching TV and working.

Stay healthy and stay active by using the four behavioral change strategies outlined below to turn your home into a go-to exercise space.

- 1. Make it **OBVIOUS**. Be active at a specific time of day and use one or two dedicated spaces. A little structure and fewer day-to-day decisions will make it easier to stick to a new routine.
- 2. Make it **ATTRACTIVE**. Link the exercise activity to something you enjoy or crave. Be active with family, during your favorite tv show or tie it to a personal challenge.
- 3. Make it **EASY**. Start with short bouts and limit the equipment needed. Having a few "go-to" exercise routines will also limit the decisions you need to make in the moment





Practical Example: During your kids' naptime – a quick workout in the kitchen. Personal challenge of performing continuously for 10 minutes. Three bodyweight exercises:

Push-up x 20s Air squat x 20s Inverted row x 20s 10 rounds

The full-length version of the workout above can be found on YouTube.

