Tip 2: Find Your Fitness Connection

Going to the gym or for a run are good ways to stay active but these do not have to be your go-to exercise options. It is time to break the traditional concept of exercise!

Experts are now saying that any physical activity counts even if it is just a few minutes. Physical activity can be broken up into 2, 5, 10, or 20-minute blocks throughout your day, which can add up throughout the week. Walk to the mailbox, take the stairs, walk the dog, or take a dance break at your desk. Okay, the dance breaks might be better if you are working from home. The point is, find opportunities to be active, however, and wherever you can because it all adds up to better health.

It is important to commit to taking time for your mental and physical health to be active whether your preference is short breaks throughout the day or a longer block of time. When you exercise remember to be mindful of how you feel afterward. Acknowledge and enjoy the immediate rewards, maybe you feel less stressed or more centered.

Listed below are some alternative ways to exercise, some of which you can practice at home. It is best to combine some type of aerobic exercise, such as walking, dancing, or bike riding, with strength training for a complete workout.

- **Lap Swimming**: A low-impact aerobic exercise that involves the constant movement of one’s arms and legs through water, typically from one end of a pool to the other. Read these [tips for beginners](#).
- **HIIT**: An abbreviation for High Intensity Interval Training, this type of workout gets your body moving in cycles of high effort for short periods of time, followed by rest. You can incorporate any number of bodyweight exercises into a HIIT circuit, making it adaptable, quick, and effective. Check out some [Low-Impact HIIT Workouts for Older Adults](#) for inspiration.
- **Yoga**: Incorporates mind-body exercises, including both strength training and flexibility. Yoga targets almost all areas including arms, legs, core, and back. Start your morning off with these [simple yoga stretches](#) for a relaxing start to your day.
- **Barre**: A form of exercise that is influenced by ballet that combines strength training, cardio, and mindfulness. Props, such as yoga mat, hand-held weights, and a core ball can be used but most exercises use your own body weight.
- **Thai Chi**: A type of martial art that uses slow movements, breathing exercises and meditation. It can improve balance and is great for beginners. Exercises have minimal stress on joints and muscles.

There are a ton of online exercise resources these days, making it easy to get moving without going to the gym. If you need more guidance, check out these suggestions for more [free ways to exercise at home](#).