

Exercise at home



During these uncertain times, a wonderful way to escape is through exercise. We have listed some upper and lower body movements that you can do at home without equipment. We chose these specific movements because they use the large muscles of the body (chest, back, shoulders, legs, and glutes).

Upper Body



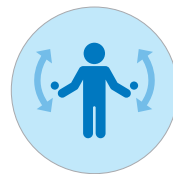
Wall/Chair Press

- Stand with your feet about 24 inches from wall/chair (further away adds more resistance).
- Place feet hip-width apart.
- Put hands on the wall just slightly higher than your shoulders.
- Ease your chest to the wall, move back and forth 10 to 12 times.
- If using a chair, make sure it does not move and is stable.



Sink Rows

- This can be done sitting or standing.
- Place hands securely around the edge of the sink.
- Retract your shoulders and pull back and forth 10 to 12 times.
- Make sure you have a secure grip. Do not use the sink if the surface is slippery.



Lateral and Front Raises

- This can be done sitting or standing.
- Use a water bottle or a can of food for additional weight.
- Starting with your hands at your sides, raise them to shoulder height, then raise them up and down 10 to 12 times.

Lower Body



Squats

- While standing, place feet hip-width apart.
- Bend your knees forward and push your buttocks back.
- Hold your stomach tight.
- Lower your body (do not go past comfort level) and move up and down 10 to 12 times.



Leg Extensions

- This can be done sitting or standing.
- Start with legs bent, then extend one leg at a time.
- Repeat 10 to 12 times on each side.



Leg Lifts

- Stand behind a chair or a wall and use it for support.
- Lift your leg straight back behind you.
- Move each leg back and forth 10 to 12 times.

For more information, please contact us at MemberHealthEd@RegalMed.com.

6 STEPS TO PREVENT ILLNESS	
 Wash hands for at least 20 seconds	 Avoid close contact
 Stay home if you're sick	 Cover coughs and sneezes
 Wear a face mask if you are sick	 Clean and disinfect
Find more information at CDC.gov	



The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.