Ideas for Aerobic Activities at Home

At a time when we need to keep a physical distance from others, there are great ways to get a heart-pumping workout!

Do some of these activities separately or as a circuit.

**Stairs**
Climbing stairs is a fantastic way to get your heart pumping, tone muscles, and prevent osteoporosis. Stair climbing makes use of the world around us.

**Skipping Rope**
Skipping improves heart health and coordination, and it prevents osteoporosis. This form of aerobic activity can be done just about anywhere.

**Dance**
Dancing is a great way to have some fun and improves your balance and coordination, while also getting your cardio (aerobic) in.

**Burpees**
You do not need any equipment or a lot of space, making burpees great for a cardio workout at home.
The burpee involves a squat, jump, and pushup which engages your entire body.

**Hula Hoop**
Hula hooping raises your heart rate, improves balance, and strengthens your core.

Once you have a hoop, you can do it anywhere.

**Jumping Jacks**
With no equipment necessary, you can do jumping jacks anywhere at any time.

Jumping jacks work your entire body while increasing your heart rate, building strength, and preventing osteoporosis.

**Walk/Jog/Run**
Each of these activities raises your heart rate and prevents osteoporosis.

You need a pair of good shoes and a safe space to get moving outside or a treadmill to get moving inside.

**Cycle**
This low-impact activity gets your heart pumping, strengthens your legs, and is good for people of all fitness levels.

With the proper equipment, you can cycle inside or outdoors.

Brought to you by:

**Centre for Active Living**

www.centre4activeliving.ca