

Workout at home – Tips

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To plan a workout program at home, all you need is 30- 45 minutes for four to five days a week with moderate intensity.

Any activity will help you burn 50-100 calories in 15 minutes.

What you need

You need an **exercise mat**; **aerobic step**; you can add a **jump rope** too.

Music is a must: If you are meditating then music that would give you a feeling of being close to nature would be an ideal choice, peppy music is perfect on the days of cardio, further on you can hire a trainer who will motivate you & create a good atmosphere for your workout.

Your workout

Warm up:

Begin your work out with a 10-minute warm up session. Include side stretching & jogging on the spot.

Cardio Vascular workout:

Do 10-15 minutes of continuous aerobic activity, but what you do is up to you.

Some simple workouts:

Walk: It requires no special training, and it's a comfortable, familiar activity. You can walk in the hallways or just up and down stairs. Start comfortably, but during the activity move up to a brisk walking pace or effort level—enough to cause noticeable breath increase, but still allow you to talk.

Climb stairs: Just walk or run up and down the stairs in your building.

Jump Rope: Take a skipping rope and do some jumps.

Jumping Jacks: This is a great cardio workout. If you are watching a TV show, get up during the commercials and do a round of jumping jacks.

Dance: Dance is a fun way to stay healthy and enjoy yourself at the same time.

Dance offers a way to improve strength and flexibility, which helps keeps muscles and joints healthy
Dance helps you improve your posture and balance

It makes your heart pump faster, works your muscles and makes you breathe faster. You burn calories as you move your body while dancing, you strengthen your heart, tone your muscles, improve balance and coordination and burn fat

Dance Aerobics: This is Aerobic integrated with dance. Zumba & Belly Dancing are the most popular type of dance aerobics for fitness.

This is a good form of cardio workout. It's good for your heart, increases energy, helps reduce your risk of certain conditions like osteoporosis and diabetes, helps you sleep better, and boosts your immune system.

Zumba: Zumba is the most contemporary dance fitness workout to hit the global fitness scene. As all the different rhythms in Zumba engage the core muscles, one's body reaps the benefit of a shapely mid-section. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves.

Belly Dancing: Belly dancing is an excellent workout for the abs. While you're wiggling and jiggling your hips; you're getting a good ab workout that sculpts almost every single muscle in your core -- even the hard-to-target, deep transverse abdominals.

Cardio Salsa – the most popular direction of dancing aerobics. The elements of the Latin American dances with aerobics. It has great musical rhythms and womanly movements teaching twirls in the hips and a fixed position of the back. The second feature is a constant spring in the steps.

Funk or cardio-funk or hip hop – These are youth styles. Relatively simple coordination combinations, jumps are present. They are very popular in the youthful environment as they are obviously modern, simple in execution and are well applicable in practice.

Dancing for 1 hr burns calories as follows:

Hip Hop – Burn approx 370 calories (for lighter bodyweights) to 610 calories (for heavy people)

Salsa dancing – Burn approx 405 (for lighter body weights) to 480 calories (for heavy people)

Belly dancing – Burn approx 300 calories for less intense versions, and approx 300 to 360 for faster & higher intensity styles.

Zumba – Burn approx 600-1000.

Just doing cardio is not enough; you can combine it with some strength training moves to get the most benefit:

You don't need to have a state-of-the-art gym. Some basic equipment will do.

Lower Body

Squats- Standing with your feet hip/shoulder width apart, bend your knees and slowly squat towards the floor. Slowly come back up. Do this 10-15 times Rest for a moment then repeat. You can hold dumbbells in both hands to add intensity.

Follow this with leg raises, both sideways and front - two sets of 30 reps each.

Step Ups : Using an aerobic step or regular step, start with both feet on the step. Keeping your left foot planted on the step, step off the back with your right foot. Before touching the floor, press up with your left leg to bring the right one up again. Repeat for one set, then switch legs.

Abdomen

Upper abdomen crunches: Lie on your back, raise one leg mid air, support the back of your head with your hand and raise the head to the knee of the raised leg. Alternate the leg and repeat

Mid abdomen crunches: Raise both legs and cross them at right angles to the body while you lie flat on the mat. Stretch both arms and touch your toes

Lower abdomen crunches: Lie flat on the mat looking up to the ceiling. Bend each leg, one at a time

Upper Body

Push-up's: Begin by standing in front of the wall / kitchen counter with feet together. Place your slightly inverted hands on top of the counter top. With your arms a little more than shoulder width apart bend the elbows and try and get your chest as close to the counter top as possible then power it back up. Do this 10 times, rest for a moment then repeat.

You can do this on the floor –on a mat on your toes, military style. Try and get your chest as close to the mat as possible. Do this 10 times, rest then repeat.

Burpees: Jump squats & Push Ups.

Do the push-ups: Lie on the floor, facing the floor, hands slightly wider than shoulder width. Bend knees slightly and raise body up off floor by extending arms keeping the body straight. Keep feet on toes with a hip width distance.

Keeping body straight, lower body to floor by bending the arms. Push body up until arms are extended.

Do the jump-squats: Come to a squat position and do jump squats. Alternate between push-ups and jump-squats

Others:

Do some house work: Clean the house. Do it slowly, one room at a time. Give the maids the day off. All that bending and stretching will be good exercise.

Gardening: If you have a little corner in your home that you could nurture with love and care, try potting different flowering plants there.

Stretch

Don't forget to stretch. Pick your space and a companion. You could even try Yoga-It will calm your mind and help burn those calories.

Clothes

Dress in whatever feels comfortable and allows you to move freely. But dress for a workout.

If you are in your night gown, you will do what you're supposed to be doing wearing it – that is SLEEP.

It is very important that you dress to workout – a t shirt/leotard + tracks & shoes with socks is a must along with supporters.

Nutrition

Your diet is 80% of the equation; the rest is proper exercise, getting sufficient sleep and managing your stress.

- Start your day with a healthy and heavy breakfast. Breakfast is essential to keep your metabolism rate high and it also stabilizes your energy levels.
- For effective and healthy weight loss it is better to switch from whole milk to skim milk.
- Drink at least 2 – 3 litres of water.
- Divide your meal into 4 portions. $\frac{1}{2}$ portion of your meal should consist of vegetables, $\frac{1}{4}$ th portion of starchy products and the remaining $\frac{1}{4}$ th portion of meat. Make sure that you eat vegetable portion first.
- Eat every 3 hours and incorporate some lean protein and complex carbohydrates. Incorporate "good fats" into your diet, including fish oil, flaxseed oil, extra virgin olive oil.
- Don't rush while eating. Eat slowly and chew your food properly. It is observed that brain requires 15mins to register that the stomach is full. So, if you are in a hurry while eating there are chances of overeating.
- Avoid reading, watching television or doing anything else except eating when you're eating your meals!
- Lowered sugar intake is necessary for improving health. Fruit juices and health drinks often provide more sugar than expected and should be taken care of.
- It's extremely important to stay hydrated. If you're thirsty then you are already dehydrated; drink before you feel a need to. Be sure to drink throughout the day (stick to non-caffeinated beverages, preferably water).
- Eat fibrous vegetables to increase transit time of food, improve digestion and improve weight loss. Increasing fiber intake from vegetables such as broccoli, cauliflower and other raw vegetables adds fiber, minerals and vitamins with very few calories. This way you will feel full. It will add bulk to the diet while reducing appetite.