

# Healthy Living Tips

## Exercise and Fitness

You do not have to go running or biking to exercise, but you do have to exercise. There are great creative ways to keep your career happy, healthy, and moving! Starting an exercise and fitness regimen can be difficult especially when caring for someone. Here are some steps and examples of exercises you can do to stay fit without having to spend a lot of money on a gym membership or carve out a lot of time in your busy schedule.

[\(Healthline\)](#)

1. Set a goal.
  - Whether your desire is to lose 5 pounds in a month or to build strength, be sure to set specific and individualized goals.
2. You can start by just taking more steps.
  - Taking more daily steps can help maintain overall positive health, Try taking the stairs instead of the elevator or taking a break during the day to walk outside for 10 minutes.
3. Make lifestyle changes, not temporary ones.
  - Sometimes we have short-term goals to lose a few pounds. It is important to make exercise and fitness a part of your everyday life to maintain well-balanced health.

### Examples of Exercises That Can Be Done at Work

Try Google or YouTube for exercise that can easily be done at home or your convenience and potentially without equipment.

- Chair exercises
- Planks
- Jumping Jacks
- Jumping rope
- Lunges
- Sit-Ups
- Squats
- Walking
- Jogging
- Running
- Yoga

### Examples of Free Apps to Help with Exercise and Fitness

- FitOn
- Daily Workouts Fitness Tracker
- Aaptiv
- My Fitness Pal
- Johnson & Johnson Official 7-minutes Workout
- Nike Training Club
- FitBit Coach