

Simple and Easy Home Workout

Laundry Squats and Lunges

Keep your laundry basket on the ground, and each time you bend down to pick something up, throw in a few squats or lunges. You pick how many you want to do- doing at least one per item is a great way to ensure you're taking the time to strengthen those legs that keep you moving all day long. Try changing up the type of squat or lunge every 10 repetitions or so. These functional exercises are a great way to work on the biggest muscle groups in your body. Just be sure to keep your knees pointing in the same direction as your toes and do your best to keep your chest up each time you lunge and squat.



Sit to Stands

Before you sit down to do any of your other work try a few sit to stands. See how many you can do in 30 seconds, but don't go too fast, you wouldn't want to strain yourself!



Neck Stretches

We often adopt a forward head posture while sitting in our chairs, and although it feels right at first, it can lead to overstressed/overstrained muscles afterward. A simple change in our perspective on sitting can make it so that sitting promotes your healthiest posture. So, try some neck and chest stretches to get your body used to the proper sitting form. Simple neck stretches of the upper traps, levator scaps, and SCM can easily be done after a long day of building up tension. Hold your neck within a comfortable range of motion for 10-30 seconds and feel those muscles loosen up a bit.



Pec stretches

Pec stretches can be done by holding your hands behind your head, elbows to the side, and gently pushing your head back into your hands. Pec stretches are a great way to promote the strength of the neck muscles that help to hold your head up all day for you.



Foot Flexors

While keeping your foot on the ground, think of maintaining a triangle of pressure. 2 points at the ball of your foot (one at the base of your big toe, one at the base of your little toe) and the third point at the heel. Now with your toes spread wide, to counteract those shoes that hold them in so tightly all day. See if you can try to raise the arch of your foot off the ground, you can do this with your toes lifted or pushing into the ground. Do this 10-20 times with a 5-second hold.

