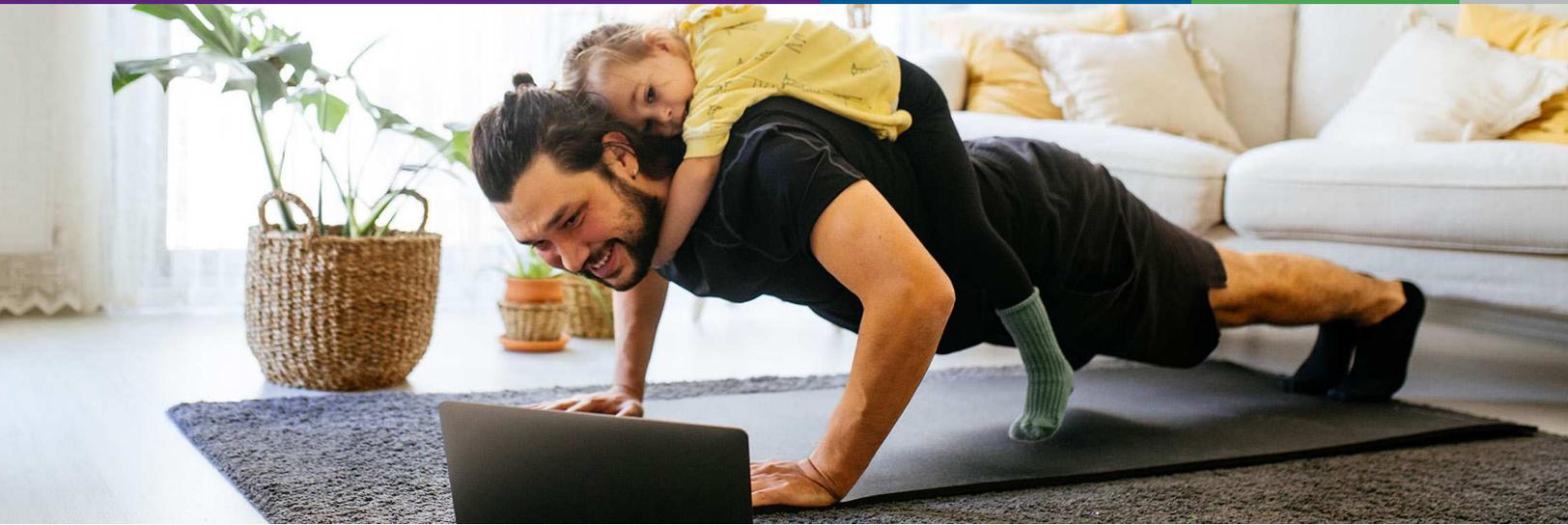


Workouts you can do from home (and for free!)



The American Heart Association recommends getting at least two-and-a-half hours of exercise per week. That might sound like a lot, but it's just 30 minutes a day, five days a week. At-home workout routines are becoming more popular.

Try these in-home fitness ideas that are available for free online:

Circuit training



Circuit training involves six or more exercises with short rests in between. Exercises include jumping jacks, pushups, squats and more. Each exercise lasts between 30 seconds and a minute. Rest intervals last 10-30 seconds. Once you complete a circuit, you can repeat it. There are many short workouts available on video streaming services. They are available in 7-, 10- and 15-minute sessions. You can find many circuit training apps that provide routines for free.



Yoga

Yoga is a great low-impact exercise. Practicing it increases strength and flexibility and helps lower stress and anxiety. Many yoga studios offer online classes. There are also apps that offer virtual classes from real studios. Search popular streaming services for free classes. There are classes for every skill level online.



Aerobics

Aerobics is any vigorous activity that strengthens your heart and lungs. Dance workouts have become popular at-home activities. Much like yoga, there are teachers who offer online live and recorded classes. Some video game consoles even offer games that help get your heart rate up.



Weightlifting

The internet has great free resources for weightlifting routines. You can find weights at most sporting goods stores. Once you have weights, you can build a routine based on the muscles you want to build. If you don't have your own weights, that's OK. There are plenty of other strength-building exercises you can try from home. Body weight exercises can help you build muscle without any weights at all.

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