

## **Fitness Around Your Home**

**Below is a list of various exercises, but instead of just doing the exercises in one place, you are going to move throughout your home.**

1. Go to every room (kitchen, bedroom, family room, dining room ect) and do 10 jumping jacks.
2. Go to every room that has a TV and do 3 burpees.
3. How many beds do you have? Go to each bed and do 4 sit ups.
4. Do you have a couch in your family room, basement, living room? Go to each couch you have and do 5 squats.
5. Need a drink of water? For every sink do 3 push ups (they do not have to be done in the bathroom!)
6. Imagine there are mountains when you look out your window. Do 3 mountain climbers for every window in your home. Keep climbing!
7. Pick your favorite room and do a 30 second wall sit. What room did you choose?
8. Do you have any animals? Run in place for 20 seconds for each animal that you have.
9. Go up and down your each set of steps 2 times each. How many sets of steps did you have to climb?
10. Elbow bump each person that lives in your house and tell them something about them that makes you smile.