4 Fun Exercises You Can Do at Home

You know you have to exercise but most people don’t put fun and exercise in the same sentence together. Exercise is just like anything else in your life. If you are filled with dread every time that you think about it, you’ll hate to exercise and it will stress you out even thinking about it.

The first thing you should do is change your wording or your thoughts about exercise. Think of it as a fun activity. Something that will give you more energy and a better attitude after you’ve exercise. I’m sure you’ve heard that exercise releases endorphins. So take advantage of those to feel better.

However if you’ve been pretty inactive and then try to start a rigorous workout routine you’re probably setting yourself up for failure and that can be very difficult. There are too many excuses you can make in order to skip the time when you want to exercise.

The trick to making working out fun is by making exercise not feel like exercise. This way you trick your body into exerting itself without the conscious and dreadful decision to go to the gym.

**Start Simple: Try Walking**

Walking is a powerful form of exercise that most people take for granted. This is a great form of exercise to incorporate into your daily life especially if you do not have time to go to the gym. Plus it is simple and you can do it anywhere.

There is no equipment required – except maybe some shoes that support your feet. Remember to start small. A 15 minute brisk walk around outside can do wonders to your health. It is all about doing what you can with the resources and time that is available.

If you don’t have anywhere to walk outside or prefer to do it inside there are also DVD’s that you can watch.

**Dance, Dance, Dance**

It might not seem like much of a workout, but have you ever tried swing dancing, hula dancing or pole dancing at home? If you have, you are probably well aware of how much of a physical activity that it can be. Moreover, if you get tired of one type of dancing you can start another one.

You might be surprised how fit this activity can make you. You’ll look learner, plus it works your entire body. So you’ll get great legs and a great butt.

**Play With Your Children**

Children are so full of energy, so if you take 10 or 15 minute breaks and play with your children you’re going to get your exercise in. Plus this is a great way to combine physical activity and family. Your kids will remember doing this later in their life.

The best part is that with all the running and jumping involved, you are sure to break a sweat.

**Play Videogames**

This advice might seem counterproductive – videogames after all are associated to being lazy. However, consider the technology you have available today, it is possible to use your console for exercise. With gaming options like Kinect and Wii, you can exercise while having fun.

If you’re someone that has a hard time getting up and exercising, don’t think of it as exercise. Find something that you really enjoy doing and make that a part of your daily routine.