3 Easy Ways to Get Exercise in Your Home

Whether the weather is too cold or you simply don’t want to drive to the gym, home workouts can be a great thing! They allow you to stay out of inclement weather, stay home with the kids or the pets, and still burn some calories. Here are some different exercises that are good to do from home.

**1. Walking**

The first type of workout you can do from home is walking, which is easy to do, free, and very versatile. There are so many ways to get walking in, whether you are in your backyard or inside your home, or walking around the block. Here are some different ways to utilize walking as part of your home workout:

**Take the dogs for an extra walk each day** – If you have dogs at home, they probably really enjoy going outside. Instead of just letting them out in your backyard to go potty, put on their leashes and take them for a walk around the neighborhood. If you usually go on one shorter walk each day, either increase the time you are out or add a second walk a few days a week. It is fun for the dogs, and gives you an extra workout.

**Walk your kids in the evening** – Another way to walk outside while at home is to bring your kids with you. This can turn into a family activity by heading out with them after dinner in the evening, or planning on a weekend walk when everyone is off school and work.

**Walk up and down the stairs a few times** – The stairs in your home provide the perfect way to get more exercise. Consider walking up and down them a few times a day, whether you go a certain amount of times, time yourself, or even challenge yourself by carrying something heavy while you do this.

**Walk in place while watching TV** – You may also want to simply walk in place, which you can do while watching TV or Netflix.

**2. Using a Cardio Machine**

Another good at-home workout you can do indoors is use a cardio machine. This does require a small investment, but it can really motivate you to workout even when you don[t feel like going to the gym. Cardio machines allow you to exercise in your home while watching TV or listening to your favorite podcast. You can walk on a treadmill while your baby does tummy time or when your kids are in school.

**3. Sofa Workouts**

For the ultimate lazy person, there are also exercises you can do right from your sofa. From trying leg lifts and leg curls to work out your legs and abdominals, to doing yoga or pilates right on your sofa, this is an easy way to exercise even on a lazy day.