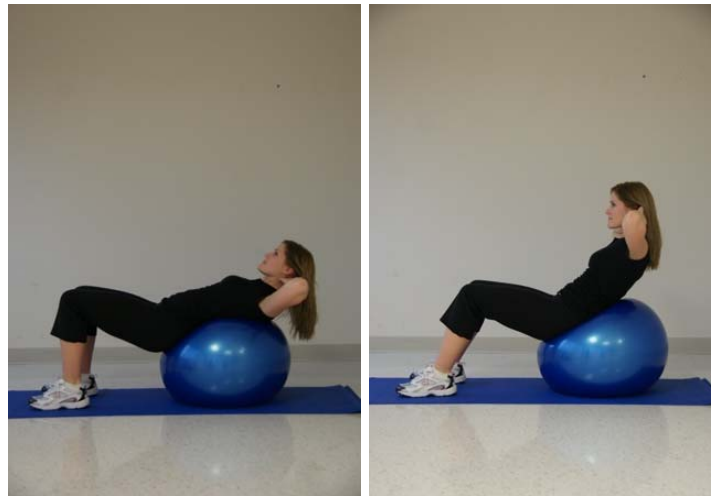


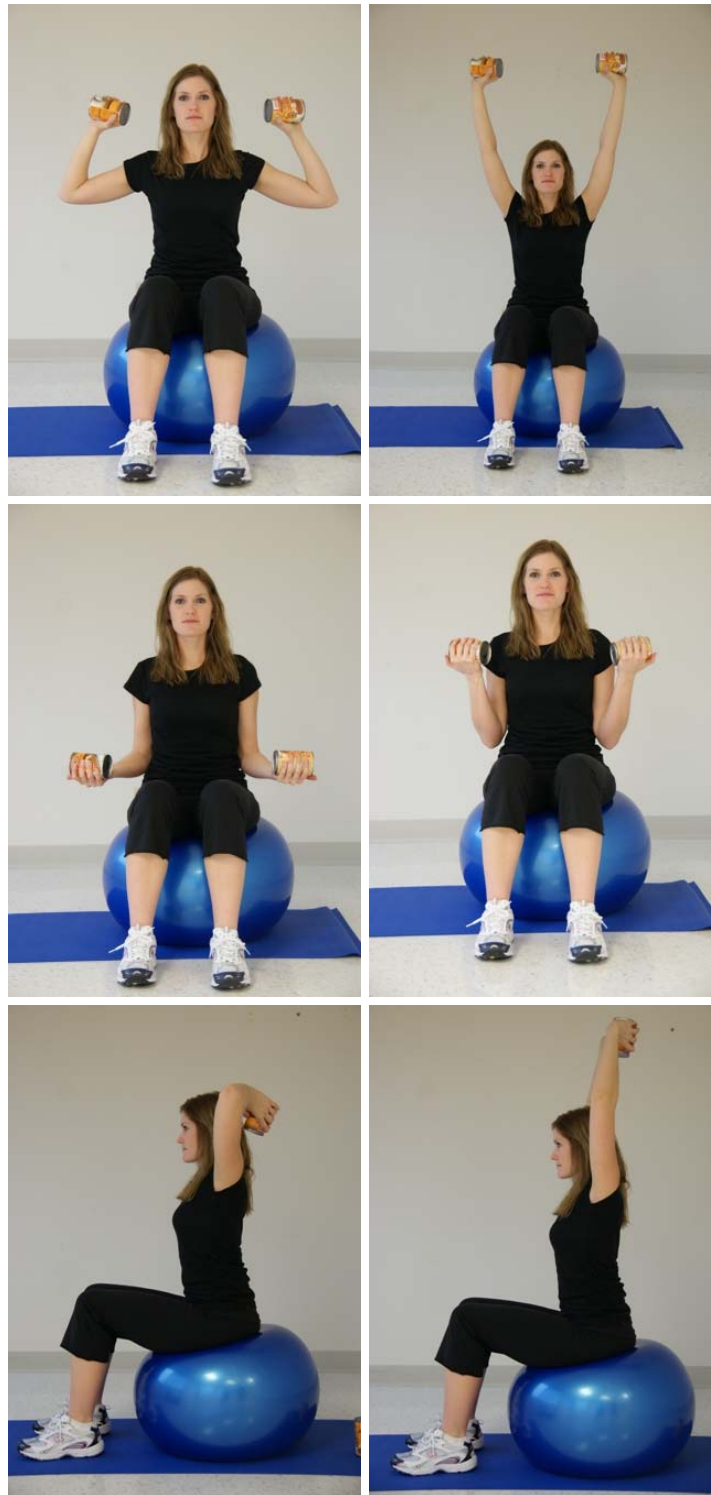
How To Be Fit While Watching TV!

The Heart of New Ulm (HONU) team put together some key exercises which can be done while watching your favorite shows on TV. Join us in being active while watching TV!

1. Sit while you get fit! Sit on an exercise ball and do small bounces, be sure to keep your core muscles tight and engaged. Also try doing abdominal crunches. Place the ball under your lower back, use your abdominal muscles to sit up and then slowly lower back down.



2. Put down the remote! Strengthen your arms with resistance exercises like bicep and tricep curls, and overhead extensions. You can do these while sitting on an exercise ball or in a chair or standing up. You don't need special weight lifting equipment, you can use exercise bands, soup cans, water bottles or even milk cartons filled with water.



3. Stand Up! Improve your balance and strength with basic yoga poses like: tree, chair and warrior. Start by holding each pose for about ten to fifteen seconds at a time. As you get stronger and your balance improves challenge yourself by holding each pose longer.



4. Lay down for your health! Many Pilates exercises take place while laying on your back. So lie down on the floor and try single leg circles and the shoulder bridge. These exercises activate and strengthen your core muscles like your abdomen as well as your glute and hip muscles.



5. Stretch out! Stretching is not only good for the health of your muscles, it can really rejuvenate you! It is best to stretch at the end of a workout when your muscles are warm. If you decide to stretch without doing other exercises first, be sure to warm up your muscles by walking around the house a little bit, going up and down the stairs a few times, or marching in place. Try these stretches which focus on the major muscle groups :

a. Forward fold



b. Standing cow



c. Side stretch



d. Spinal twist



e. Hamstring stretch



f. Extended child's pose

