

Blue Cross® VIRTUAL WELL-BEING

Home Gyms and Holiday Gifts

Exercising daily provides a number of health benefits. You could buy an expensive gym membership and head to the gym to work out every day. But, if you don't feel comfortable in a gym, working out at home has just as many benefits — if not more. They include:

- Reduced risk of stroke and heart disease
- Better blood pressure
- Better aging
- Less back pain or other body pain
- Stronger bones
- Better immunity
- Reduced risk of breast cancer
- More energy
- Improved sleep
- Better stress management



Working out at a gym is great, but you can get the same quality workout by training at home. There's also the benefit of lower cost because you don't have to pay any monthly fees. And, outfitting a home gym can be affordable and convenient because you don't have to leave your home to exercise.

If you want to exercise at home, you'll need some basic equipment. Depending on your budget, you can use anything from a simple set of dumbbells and an exercise mat to a dedicated gym facility filled with a variety of equipment.

Here are some of the essentials:

- An exercise mat
- A stability ball
- Dumbbells or bands
- Workout bench or chair
- Heart rate monitor

If you want to invest a bit more in your home gym, consider:

- Weight bench
- Heavy-duty mat
- Mirrors
- Sound system
- Machines such as an elliptical or treadmill

The holiday season is a good time to start a home gym, so you can reach your health goals in the new year. And, if you know someone who'd like to start working out at home, some of the gym essentials would make great holiday gifts.

Sources: firststepsfitness.ca*, realbuzz.com*

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