

Home workouts for you and your family

With gyms closed, and many people staying home, it might be difficult to exercise. But there are a lot of creative ways you can work out at home by yourself, or with your spouse or kids.

Working out with your children will provide many benefits:

- Exercise helps ward off disease, prevents injuries, improves sleep and helps maintain mental health.
- You'll teach your child a work ethic.
- Leisurely physical activity can extend their lives by up to 4.5 years, according to the National Institutes of Health, giving you more time to spend with your children.
- Exercise demonstrates a healthy lifestyle to your children.
- Prioritizing your physical fitness sets a great example for your children to follow.
- Exercise releases endorphins and clears your mind.

Some creative ideas to exercise with your kids include:

- Play sidewalk chalk games, such as hopscotch or an obstacle course.
- Complete mini challenges, such as how long you can hold a plank or how many pushups you can do.
- Play tag, jump rope or do other exercises for cardiovascular strength and endurance.
- Do wheelbarrow or duck walks, or play leap frog.
- Practice yoga or mindfulness.
- Use YouTube to find fitness videos you can do with your kids.



Exercising with your spouse can strengthen both your bodies and your relationship. Exercise is a great way for couples to reconnect. You can get these benefits from working out as a couple:

- Spend quality time together.
- Have constant motivation.
- Improve the efficiency of your workout.
- Be happier in your relationship.
- Relieve stress.
- Maintain attraction to each other.
- Get out of a rut.

While a partner can help keep you accountable and push you to work out a little harder, there are benefits to working out alone. You can do it any time, and many people use it as their mindful time. Some people just like to workout alone. If you're a beginner, aim for 30 minutes of cardiovascular exercise at least three times a week, and 20 to 30 minutes of strength training three times a week. You can find apps and videos that will take you through a variety of different kinds of workouts with minimal equipment.

Sources: cheatsheet.com*, kidshealth.org*, apple.news*, acefitness.org*, cletoreyesboxing.com*, mandyenright.com*

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