

# Get moving with household items

Bodyweight movements are a great way to get active at home and there are loads of exercise options. If you are wanting to make your home workouts a bit more challenging by adding weight, check out the options below using your everyday household items.

**1000grams = 1kg / 1litre = 1kg**



## Canned Goods

Canned goods are easy to hold on to and we can use them for bicep curls, holding them whilst performing a lunge (helpful for balance) or even holding them out to our sides when doing arm circles.

## Empty milk or water bottles filled with water

Many of us have empty milk or water bottles at home that we can fill up as much or as little as we like. Bottles with handles are ideal. Bicep curls, lunges or squats are just a number of exercises we can do with this item.

## Sack of potatoes, rice or pet food

These items can be used like a kettlebell or at your side for a shuttle walk to the letter box and back. A bag of rice or pet food may be harder to grip so we can use these by cradling the bags and performing a squat or overhead press.

## Shopping bags or a backpack

Fill up shopping bag's with other household items - canned food, flour, sugar, fruits, books, whatever you can find. Make sure that both shopping bags weigh the same and away you go with lunges or a shuttle walk to the end of your driveway and back. Filling up a backpack before going out on a walk is also a great way to add resistance into your trainings.

## Chair, stool or a couch

These can be used for a variety of exercises - tricep dips, pushups, squats or lunges with your back leg on the chair. You can also use the back of the chair to help you balance while doing your stretches.

*Health and safety: When moving please make sure you are bracing your core and are aware of your spine (keep your head and neck in a neutral position). If you are unfamiliar about certain exercises or are wanting more clarity around technique, please contact your Healthy Lifestyle Coordinator.*