

Five Anywhere Exercises

Getting Physically Active

Physical activity is important for everyone, regardless of age. However, it can be difficult to balance time and affordability when it comes to being physically active. This page provides some guidance on five great exercises that can be done with limited space and no equipment!

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Kneeling Pushups

Start with your knees on the ground, your feet lifted, and your hand directly underneath your shoulders. Put your body into a kneeling plank position. Slowly lower your chest down and push your body back up to the starting position. You can also do these on the wall to start or as regular pushups as you gain more strength.

Planks

Start by laying face down. Place your elbows and forearms underneath your chest and prop yourself onto your toes and forearms. Maintain a flat back and do not allow your hips to sag toward the ground. These can also be done in a kneeling position. Start by holding this position for 10 seconds and work your way up to a longer time.

Squats

Sit back like you are sitting in a chair, bending at the knees, hinging at the waist, and putting your weight in your heels. Be careful not to extend your knees over your toes. Return to standing once you have reached a comfortable range of motion.

If you have sensitive knees, don't go as far down into the squat. You can also use a chair behind you. Slowly sit back on the edge of the chair and then return to a standing position.

Jumping Jacks

Start out with this move by stepping one foot out, then the other. As you feel comfortable, work up to jumping with both feet out at one time and bring your arms out into a V-position at the same time. This exercise is great for warming up your muscles.

Running in Place

If you are just starting out, march in place and build up to a jog. Keep this up for 10-30 seconds at a time. This simple exercise gets the heart pumping and works out important muscles.

Final Considerations

For more information about healthy eating and active living resources, please email 5210healthywashoe@nnph.org.