



## Maximising your home workouts and minimising costs: A short guide

Home fitness hubs are not just a trend but a smart approach to sustaining an active lifestyle. Maintaining regular exercise remains crucial to our overall health and wellbeing. Here, we offer a guide with top tips to elevate your home workouts and stay fit within your own four walls.

Another fantastic advantage of working out at home is the potential to save a tidy sum of money. Gym memberships can be pricey, with average UK costs often soaring into hundreds of pounds per year. In contrast, exercising at home significantly reduces these expenses.

**Whether you're following a free online yoga class, powerwalking around your neighbourhood, or investing in a few basic pieces of workout equipment, your home workout regime can be just as effective without putting a strain on your wallet.**

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## Create your perfect fitness nook

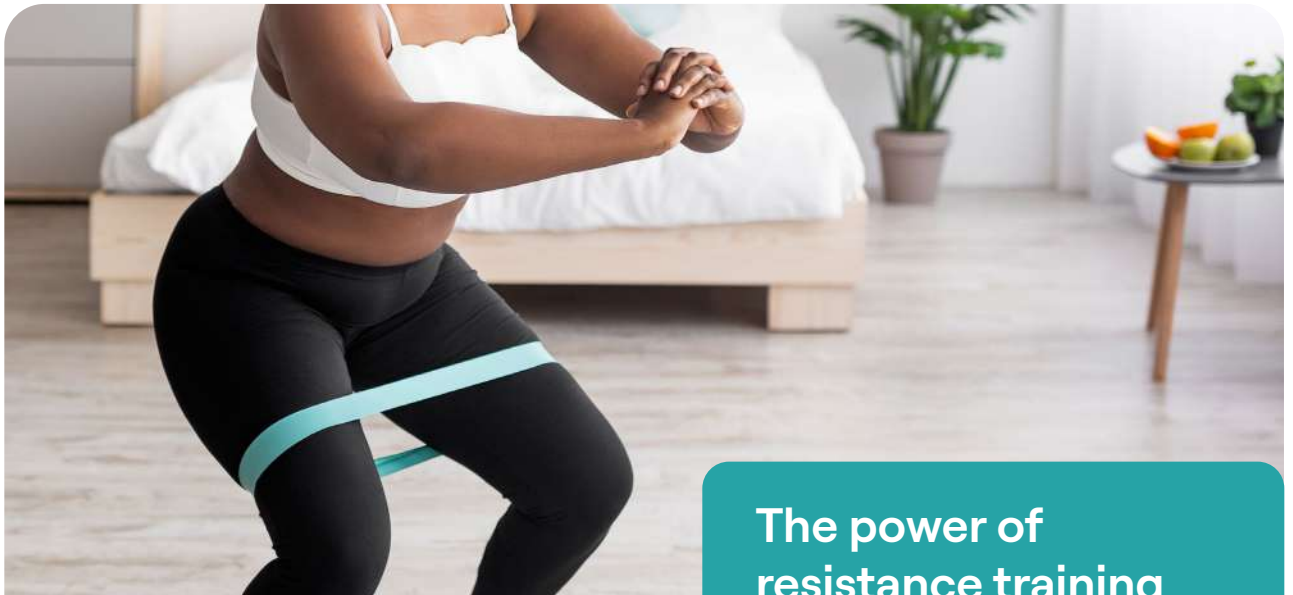
Identifying a dedicated workout area within your home can significantly uplift your motivation and concentration during your exercise sessions. This spot should ideally be distraction-free, with ample room for you to stretch, flex, and move around comfortably. Contrary to common assumptions, you don't need a full-blown gym setup – **a corner in your living room, the garage, or even a garden shed could effectively serve as your private fitness retreat.**

## The art of goal setting: Keeping it SMART

The journey to a fit and healthy lifestyle begins with setting achievable and realistic goals. To keep your fitness aspirations on track, make your goals **SMART: Specific, Measurable, Achievable, Relevant, and Time-bound.** For example, a SMART goal could be: "I will commit to a 30-minute cardio workout three times a week for the next four weeks." This approach ensures your goals are clear, attainable, and within a set timeline, reducing the risk of feeling overwhelmed or disheartened.

## Bodyweight exercises: Harness your own strength

Bodyweight exercises serve as a reliable and accessible ally when keeping fit at home. As the name suggests, these exercises utilise your own body weight as resistance, negating the need for any special equipment. Simple movements like **push-ups, squats, lunges, and planks** can provide an efficient full-body workout, improving strength, balance, and flexibility right in your living room.

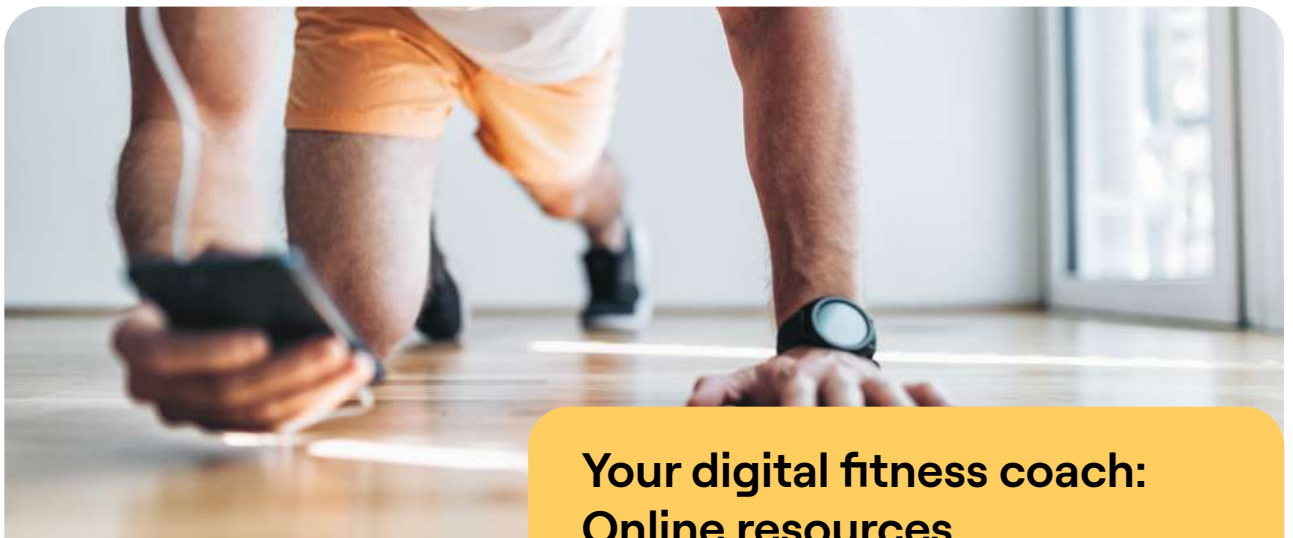


## The power of resistance training

Resistance training is an excellent strategy to build muscle mass and increase overall strength. Regardless of whether you use resistance bands, dumbbells, or your own body weight, exercises such as **bicep curls, tricep extensions, and shoulder presses** are valuable additions to your home workout regimen. Importantly, muscle strengthening exercises are recommended at least twice a week according to guidelines from the NHS.

## Discover the High-Intensity Interval Training (HIIT) advantage

High-Intensity Interval Training (HIIT) involves a sequence of high-intensity exercise bursts followed by short recovery periods or lower intensity activity. HIIT workouts are versatile and time-efficient, making them a fantastic option for those seeking to **build cardiovascular fitness and burn calories more rapidly** than traditional steady-state exercises. A study published in the British Journal of Sports Medicine even found that HIIT can improve cardiovascular health in a much shorter time compared to continuous aerobic workouts.



## Your digital fitness coach: Online resources

The internet is brimming with resources to aid you in your at-home fitness endeavours. Websites such as the NHS offer a range of home workout videos that are easy to follow. Similarly, organisations like the British Heart Foundation provide extensive information about maintaining an active lifestyle at home.



## Hydration and sleep

While exercising is important, don't forget the role of hydration and sleep in your fitness journey. Staying hydrated not only keeps your body functioning optimally but also plays a crucial role in sustaining your performance during workouts. A general guideline is to **aim for 8 glasses of water a day**, although this may vary based on individual needs and the intensity of your workouts.

Furthermore, sufficient sleep is paramount for muscle recovery and growth following your workout sessions. The National Sleep Foundation recommends that adults get at least **7-9 hours of sleep per night**. Poor sleep can negatively impact your energy levels and motivation, as well as your body's ability to repair and build muscles post-workout.

## Track and celebrate your progress: The motivation amplifier

Keeping a record of your fitness journey is invaluable in maintaining motivation and achieving your desired fitness milestones. Whether you prefer a good old-fashioned **exercise log** or a **high-tech fitness tracker**, monitoring your workout routine and tracking your improvements over time can give you that extra push to keep going. Celebrate your progress, no matter how small; these positive reinforcements can bolster your determination and make the journey more enjoyable.



## Find what works for you

Staying motivated can be a bit of a roller coaster ride, especially when working out alone. Nonetheless, a positive attitude can significantly affect your fitness journey. By setting achievable goals, tracking your progress, and rewarding yourself when you hit those targets, you can foster a sense of achievement and keep your spirits high.

The British Heart Foundation recommends that adults in the UK engage in at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week. The EU issues similar advice for adults in the EU. However, it's essential to listen to your body and adjust your workout routine accordingly, especially when just starting.

To further emphasise the importance of physical activity, consider these statistics: research has shown that an active lifestyle can reduce the risk of heart disease by up to 35% and the risk of early death by as much as 30%. **Regular physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.**

Prolonged periods of sitting, often a byproduct of remote work or simply our modern lifestyle, can lead to health issues over time. A comprehensive study found that individuals who sit for more than 8 hours a day with no physical activity have a risk of dying similar to the risks of dying posed by obesity and smoking. Thus, incorporating regular exercise into your daily routine is not just about looking good, it's about enhancing your overall health and wellbeing.

The great news is that staying active doesn't necessarily require rigorous or complex workouts. There are plenty of ways to incorporate physical activity into your daily routine. **From dancing to your favourite tunes in the living room to spending time on gardening, from strolling around your house to climbing up and down the stairs, every bit of movement counts.**

Whether it's a quick HIIT workout during your lunch break, a yoga session to wind down in the evening, or a weekend dance-off with your kids, every step you take towards maintaining an active lifestyle is a step towards a healthier, happier you.

**Need more support or advice on staying physically fit? Contact [HealthHero](#) today. Our team is ready to support you in your journey towards a healthier and fitter lifestyle.**