

Get cozy: How to exercise at home

SOT

Clare Spires [Clare like Claire ... Spires rhymes with tires]
OSF HealthCare exercise physiologist

“Some can do inclines. You can put it under a desk if you’re a remote worker. It’s just another way to get those steps in during the day without leaving your house.” (:11)

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“If you’re doing some bigger muscle groups like biceps and quads, you could add more weight. But typically, those at-home workouts are made that you can lift weights with something like a soup can or a water bottle.” (:10)

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“If you could use a little extra stability, maybe work out next to a counter that you can hold onto. Avoid something that’s going to move on you quickly.” (:08)