

## Get cozy: How to exercise at home

### ANCHOR LEDE

Icy roads? Gym too far away? Or are you just not a people person? Cozy cardio may be right for you.

### TAKE VO

Clare Spires, an exercise physiologist at OSF HealthCare, says cozy cardio is a way to make exercise comfortable in your home. Walking pads and a small weight set can jump start things.

And always keep safety in mind. Talk to a health care provider before starting a workout routine. Declutter the home. Have a buddy or phone handy.

\*\*\*SOT\*\*\*

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

**"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)**

### VO TAG

Experts recommend 150 minutes of moderate intensity exercise or 75 minutes of vigorous exercise per week, spread out over several days. Spires says when defining "moderate intensity," think about singing a song while working out. If the strain of the workout means you can't sing without running out of breath, you're at moderate intensity.

It's a process, but Spires says the benefits are worth it. Regular exercise means lower blood pressure, cholesterol, chance of diabetes and chance of heart disease. You might also see improved mood and sleep.