



**FLIGHT**  
FITNESS - LIFESTYLE - POSSIBILITIES

## Fitness At Home

**Keep your fitness on track with both Resistance and Cardio training at home**

**Resistance**- Use equipment available to you at home to continue some of your routine workouts. Also, bodyweight exercises are GREAT for times like these. Some bodyweight exercises include:

**Push-Ups, Crunches, Reverse Crunches, Dips, Squats, Supermans, Bird Dogs, Russian Twists, Lunges, Step Ups, Reverse Flies, Planks, Glute Bridges, and others**

**Cardio**- If you are comfortable with running outside in the neighborhood, you can run/walk at different intensities or distances. You could also use your driveway and stairs to walk/run up and down with caution. Some other cardio exercises to do at home:

**Jumping Jacks, Mountain Climbers, High-Knees, Burpees, Jump Rope, Dancing, Jump Squats, Jogging-In-Place, Side Shuffles, Skaters, Crawling and others**

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## **Keep your fitness on track with both Resistance and Cardio training at home**

Depending on your goals and level of fitness, you can pick a combination of as few as 4 of these exercises to make an impact on your fitness. **What is going to be key is the amount of reps and sets you perform with these exercises.** Do a combination of the resistance and cardio exercises to get your body stronger and boost your immune system and goals.

**If you are able to get outside in the sun, be sure you do as the vitamin D will help your immune system during these times at home.** Maybe get some cardio in outside whether you do some of the cardio exercises or go for a walk.

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Reaching your goals should be the forefront of any exercises you do. Pick ones that align with your goals. When picking a rep and set range, be sure your are doing enough to reach your current goals. Try a combination of several exercises to create a strength building and fat burning workout.

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## **Keep your nutrition on track by cooking and eating Healthy Foods**

Nutrition is a critical role for your body as a whole. The things you consume have a direct effect on your health and your goals. Be sure to hit all of your macronutrients (protein, carbohydrates, and fats) and micronutrients (vitamins and minerals).

**Proteins (not limited to): Eggs, Lentils, Lean Beef, Chicken, Legumes and Beans, Fish, Turkey, Quinoa, Greek Yogurt**

**Carbohydrates (not limited to): 100% Whole Grain/Wheat Carbohydrates and Oats (Rice, Pasta, Bread, Oats), Quinoa, Sweet Potatoes, Squash, Spinach, Broccoli, Colored Bell Peppers (Most Vegetables), Blueberries, Blackberries (Most Fruits), Beans, and Peas**

**Fats (not limited to) : Olive Oil, Salmon, Walnuts (most nuts and seeds), Nut Butters, Avocados, and Chia Seeds**

**Be sure to consume a great balance of nutrients. Most of your meals should contain a majority of fruits and vegetables. Eat enough protein to help your body to build your muscles and feel fuller longer. Try out a new food or meal while at home!**

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