

Sweat it out This Summer

You don't have to join a fancy gym or spend a lot of money to break a sweat. These easy activities can be done around your home or workplace.



Walk it out. Lace up your kicks and try a 30-minute post-dinner walk or break your strolls up into 10-minute increments throughout the day.



Do your chores. Gardening, laundry, dishes—yes, all of these tasks can help you reach your activity goals.



Get your family involved. Schedule a weekend bike ride. Or go outside for a game of catch or tag.



Use your bodyweight. Break up your day with bodyweight squats, lunges, pushups, planks, mountain climbers or leg lifts. No equipment required!



Stream a workout. There are many types of workouts available to livestream through various apps, YouTube or even your cable box.



To learn more helpful tips about maintaining a healthy lifestyle, visit mycare.sharecare.com. Before starting any new fitness routine, speak to your healthcare provider.