

Getting Fit at Home

I don't recall ever coming across someone who doesn't want to be fit, but some people lazy around the idea because they probably want fast results without putting in any real effort. Such a person will come up with excuses like, "I'll start on Monday; it's too hot (or cold) outside; I have a hectic schedule and so I don't have time, I need a fitness partner; I need a group setting; I don't have the necessary equipment; I just can't afford the gym membership yet" or...well, you get the idea.

But 2020 changed everything. Coronavirus brought the world to a standstill. With lockdown, social distancing, masking and all, the pandemic changed how we interact. If there's a big takeaway, it proved that you don't need to go outside or to a gym for you to be fit.

Here's how you can get fit and stay fit forever at home – The overview:

I acknowledge that everybody has different fitness goals - either lose weight, gain muscle and be strong, maintain weight or add weight. But when it comes to fitness, there is no magic pill. You want to do this the healthy way with the end goal in mind. Say, if you want to lose weight, then burn more calories than you take in. Simple!

Don't be surprised that the 80-20 rule applies here, too. Nutrition and fitness experts will often tell you that it's 80% what you eat and 20% exercise. You need to engage all your muscles with your weekly exercise routine, avoid fad diets, and eat proper portions of a balanced diet.

Now let's get specific:

a) Invest in workout equipment

If you prefer the gym experience you may want to consider investing in cardio machines and equipment like stationary exercise bikes, treadmills, spin bikes, free weights like dumbbells, kettlebells, incline and/or decline benches, jump ropes, yoga mats, or resistance training machines if you have the budget for them. Of course, having the room for all this is a must!

b) Bodyweight exercises

Not everyone has the luxury to get the typical gym experience at home. The good news is, your body weight is more than enough to trim and build muscle. All you will need is a yoga mat...and a [personalized workout routine](#).

To get your personalized workout routine you can also utilize any of the thousands of apps, YouTube videos or simply your favorite workout programs. Curate a good playlist to use when working out to reduce boredom and to get you into a great get-fit mindset.

Some of the bodyweight exercises you can start today include squats, planks, press-up, lunges, spider crawls, burpees, sit-ups, v-ups, jumping jacks, etc.

c) Eat a balanced diet

Being home all the time can sometimes result in overeating without “conscious consent”. Remember that you’re not using as many calories and thus the excess of it gets stored as fat. Stock your fridge with healthy food options such chicken, fish, vegetables, and fruit. Also use the plate method to portion your food size. This literally means having your plate half-full of non-starchy vegetables and the rest with a little bit of whole grain carbohydrates, proteins, and healthy fats. If you can count calories, please do so.

Summary

Your fitness routine doesn’t have to be very hard, boring, or complicated. The key is to make it doable on a consistent and long-term basis...and the key to that is to find exercise(s) you enjoy doing. With time, your discipline and hard work will bear fruits and your body will thank you for it. You will feel better, look better, be healthier and probably be more confident to boot!

...and be sure to pair what you do with your body with what you put in it. Remember a great exercise plan can only go so far without a matching great diet plan.

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