

# Kitchen Workout



## WEIGHTS

The contents of those 28-oz (796 ml) cans of stewed tomatoes and soup are more than nutritional – they make decent weights for bicep curls. Start with two sets of six reps as an initial goal and build up from there.



## YOGA

As you're waiting for the kettle to boil or the coffee to brew, try testing your balance with tree pose. Start with your hands in prayer position, and with one foot on the ground put the other foot against the side of your shin. Hold this position for 10 seconds and then switch to the other foot.



## DANCE SOLO

Turn on your radio, click on your playlist or sing as you dance in between kitchen chores. Ham it up (don't worry, no one is watching) for five three-minute songs and you've completed a 15-minute workout!



## DANCE WITH A PARTNER

Double the fun (and exercise) by grabbing a dance partner. Swing and sway while the sauce simmers. Take a break, stir the sauce, pick another song and do it again until dinner is ready.

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## RESISTANCE

Who doesn't love fresh baked bread?! Sure, there are lots of fancy, press-of-a-button bread makers out there but the old way (by hand) is the better way. Here's why: first, it's much easier than you think (check out YouTube for recipes), it tastes better, and more to the point, the repetitive motion of kneading dough strengthens our arms, shoulder and hands.



## SQUATS

Unloading the dishwasher or a grocery bag is a good opportunity to do a few squats. Try five reps (more or less) until you start to feel the burn in your quads. Be sure to use good form, bending at the knees and keeping your back straight. By the time you've emptied the bottom rack or the grocery bag, you'll have done a full squat routine.



## STRETCH

Grab the round edge of the counter and stretch your legs and then the sides of your torso. Extend one arm across the kitchen wall and look in the opposite direction to feel your deltoid muscles sing. While you're there, congratulate yourself for doing double duty – chores and a workout – while in the kitchen.

## It's all about perspective

Seeing the kitchen as a space for work and play will make those everyday chores more fun, and by doing even one of these exercises each time, you will begin to form new healthy habits.