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## Field hockey exercises at home

Getty Images Try these exercises three times a week and you'll see results in less than a month. Just remember to start with a 4-minute warm-up! What you need: A small ball, the size of a football ballA beach towelA chair on the wheelA furniture-free areaOur favorite dance musicWater Advertising - Continue Reading Below Ab Twist, Starting Position 1. Sit on the floor (place a towel under you for comfort), feet shoulder-width apart, toes up so you rest on your heels. Hold the ball with both hands, extend your arms in front of you. Great for: Stomach, glutes, hamstrings; Number of representatives: 12; Time: 2 minutes Ab Twist, The Move 2. Slowly sit back, tucking in and tighten your stomach at all times. Stop halfway to the floor and turn left, reach toward the floor with the ball. Hold for a beat, then slowly twist over to the right side. Breathe normally and concentrate on contracting your abdominal muscles. Wall Squat, starting position 1. Standing with your back to a bare wall, take the ball and place it in the small of the back. Feet should be shoulder-width apart, toes forward, stomachs tucked. Great for: Glutes, hamstrings, quadriceps; Number of representatives: 12; Time: 2 minutes Wall Squat, The Move 2. Lower your body for five counts until your hamstrings (back of the thighs) are parallel to the floor. Hold, then squeeze your glutes (your rear end) and press back up for five counts. Keep the ball between your back and the wall throughout the exercise. Rear cover, starting position 1. Roll the towel in length. Grasp an end in both hands, raise the towel above the head, arms extended. Great for: Back muscles; Number of representatives: 12; Time: 2 minutes back pull, The Move 2. Inhale, then slowly exhale, bend arms and lower the towel down behind your head. Keep the tension on the towel as you raise and lower it, but don't buckle your neck. Armet starting position 1. Fold your towel into a small square and put it below the knees for support. Kneeling on the towel, walk your hands forward until your upper body is on a 45-degree incline. The hands should be slightly wider than shoulder-width apart, with fingers spread. Great for: Chest, arms; Number of representatives: 12; Time: 2 minute push-up, Move 2. Tuck your stomach and inhale as you lower yourself (keep your torso two inches from the floor). Hold, then squeeze the chest muscles as you press up to the starting position. Before moving on to the next exercise, boost your mood and burn some calories with a four-minute dance break. Put on your favorite dance CD or tape and cut loose for the next few minutes. C'mon, have fun! Not only will you burn calories, but you will release any stress that may cause you to overlook. Dance through a song; if you are motivated, what the heck - go for two! Then drink more water. Heel Walk Sitting in the rolling chair - Tucked, shoulders back - move forward by digging your heels into the floor. Harder than you thought! Continue to locomote using your heels only for two minutes. Pounding your heart? Mine was when I did this exercise. Quick, take your glass of water and drink out. (You: But, Jim, you always say this! Me: That's because hydration is one of the most important keys to weight loss. So drink up!) Great for: Lower body, stomach; Time: 2 minutes Bridge, Starting position 1. Lie on your back, feet flat on the floor, knees bent, hands on your sides. (If you feel any tension in your neck, tuck the towel under your head for support.) Great for: Stomach, glutes, hamstrings; Number of representatives: 12; Time: 2 minutes Bridge, Moving 2. Inhale, then raise your bottom and your lower back from the floor as you exhale. Hold for a count. Release slowly, but don't let your bottom touch the floor until you've completed all 12 iterations. Focus on squeezing your glutes at the top of each rep. Hamstring Curl, Starting position 1. Lie flat on the stomach with the ball between the ankles. Rest your head on your crossed arms. Squeeze the ball, lift your knees off the floor as high as you can, keep your legs as straight as possible. Great for: Hamstrings, glutes, lower back; Number of representatives: 12; Time: 2 minutes Hamstring Curl, The Move 2. Slowly bend your knees until your feet point towards the ceiling. Exhale as you curl up; inhale when you release. Note: Always keep your knees off the floor. If you feel strain in the lower back, rest for a moment, then resume the exercise. Arm extension, starting position 1. Roll up the towel lengthwise. Place one end in your left hand. Straighten your left arm directly over your head. Great for: Triceps; Number of representatives: 12; Time: 2 minutes Arm Extension, Moving 2. Now, reach behind your back with your right arm and understand three-quarters of the way down the towel. Gently pull the towel behind your head with your right arm and bend your left arm behind your head so that your elbow points straight up. Inhale, keep the towel constant. Exhale and extend your left arm back to the starting position, keeping the tension on the towel with your right arm. Repeat on the other side. This story originally appeared in the April 2003 issue of Good Housekeeping. This content is created and maintained by a third party and imported into this page to help users enter their email addresses. You may be able to find more information about this and similar content on piano.io iStock It's ridiculously cold out in most places so you probably don't want to trek to the gym. You're lucky! We have ideas for a few easy exercises you can do at home using things you already own. Here's the latest in the series. The workout: Hip Bridges Toning goals: Butt and thighs I love this one for big glutes and happy says Lisa Reed, a certified strength and conditional coach based in Northern Virginia. 1. Place the back of your shoulders on the edge of your bed (lighter) or sofa (harder). 2. Walk your feet out so that the heels are directly below your knees, which are bent at a 90-degree angle. (Extend your arms into a T-position and rest them on the furniture if you need more stability.) 3. Bending on your hips, lowering your bottom down as low as you can towards the floor. 4. Press your hips up and attach your glutes so your body forms a straight line from shoulder to knee. 5. Do 10 to 15 reps. We've got more stay-home training! Check: Tone your arms on your kitchen Counter Shape Your Butt Using a Milk Jug This content is created and maintained by a third party, and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Jump to Content HEALTH TOPICS \* Image: ThinkstockA physiotherapist can help you develop a home training program. Lower the barriers that keep you from exercising. All it takes is two 10-minute sessions a day to feel better. Last updated on January 5, 2021 It's never easy to start a journey with fitness goals, and you should remember that it's not a crash diet. It's a way of life. Don't panic and think you have to do it all at once as this will probably overwhelm you. You may also find yourself giving up because crash diets are not sustainable. The best course of action is to make simple changes to your daily habits, and over time you'll notice all your bad habits have come to good. Therefore, for a study by Philippa Lally, a health psychology researcher at University College London, on average, it takes more than 2 months before a new behavior becomes automatic - 66 days to be exact. And how long it takes a new habit to form can vary greatly depending on the behavior of the person, and circumstances. Here are 15 fitness goals to help you on your trip:1. Drink more water.w.h. Auden said it best when he said Thousands have lived without love, not one without water. With any diet, the most important thing to remember is to keep hydrated. Drinking water will aid your body with digestion, transport nutrients to your bones and muscles, and even improve cognitive function. Ideally, you want to drink about half your body weight in ounces per day, i.e. if you weigh 150 pounds, you should drink 75 ounces of water per day.2. Add some lemon and Apple Cider Vinegar to your waterIt is recommended we sleep for about 8 hours a day, but that means we spend about 8 hours a day dehydrated. Therefore, moisturizing your body first thing in the morning is absolutely necessary. The best way to achieve hydration is by starting your day with a glass or even two of water. To ensure that add lemon juice and 1/2 tsp apple cider lemon and apple cider vinegar will help your body with detoxifying, cleansing, and digestion. 3. Stop drinking your caloriesY, keeping hydrated is important, but try to avoid high calorie drinks, such as soft drinks, specialty coffee, and juices as they are full of fast-acting sugars. Really push yourself to stop drinking such drinks, and before you know it, you'll notice the benefits.4. Starting Stretching of OftenThe benefits are huge and the consequences of not stretching can be dramatic. Do yourself a favor and always stretch before and after a workout. This will promote healthy cooling, improve flexibility, and reduce next-day soreness. Missing stretch can lead to injuries and muscle damage. Here are some simple stretching exercises to get you started: 15 Static Stretching Exercises to Completely Improve Your Workout Routine5. Add in some High-Intensity Interval Training (HIIT) You may have heard about HIIT training because that's the great thing right now, and believe me when I say it works and should definitely be included in your fitness goals. The benefits include lower body fat, increased endurance, leaner muscles, and amazing hormonal benefits. HIIT is where you perform an intense exercise in a very short time frame (about 30 seconds), followed by a slower exercise for about 90 seconds. Performing a HIIT routine for 1-3 times a week will lead to good results.6. Focus on your breathing When you exercise For the most part, breathing is a different nature, but when you exercise, you may find yourself holding your breath and it can have negative consequences. It is important to consciously take deep breaths in through your nose and out through your mouth as this will fill your lungs with oxygen and give you the energy needed to continue your workout.7. Build more Lean MuscleWe all want to have lean muscles. Not only does it look good, but it also has great health benefits, including: Improved posture Reduced body fat Improved metabolism Strong bones Protect and improve common health Improved endurance You can build lean muscle by lifting weights or through other specific exercises. Learn more about building muscle in this guide: How long does it take to build muscle and increase fat loss?8. Reduce Body FatThis may seem like an obvious one, but it's one of the most important steps to a healthier you. Reducing your body fat has a lot of benefits such as: Improved joints and tendons Lowered risk of diabetes Reduced risk of heart disease Reduced inflammation Better performance and endurance Improved appearance and confidence Better hormonal profiles in your body Remember, it's not a rush to see how quickly you can decrease your body fat. Healthy weight loss is about 1-2 pounds a week for your fitness goals. Crash dieting or pushing yourself too much in the gym can lead to you reaching an unrealistic goal and you may find all the weight you have lost. Think of it as a way of life and take it slowly and steadily.9. Eat more GreensWhat you eat is the most important factor in a healthier living plan. It is important to ensure that you get as many nutrients and vitamins from the food you eat as possible. Focus on dark, green greens as they will give you a wide range of vitamins, minerals, nutrients and antioxidants - all of which you body need! Do not forget to avoid processed and processed foods. They are usually high in fat and have minimal vitamins. 10. Start Eliminating SugarEnt's top goal, you can start right away is to reduce the amount of sugar you consume. It will also not cost you anything and will save you money and improve your health in the long run. There's no surprise that we eat too much sugar and this should be one of your best fitness goals moving forward. Cutting out liquid calories is a great way to start. If you're looking for something sweet, turn to fruit or even dark chocolate. Be careful to remove sugar from your diet slowly. Cutting it out at once can cause symptoms of sugar withdrawal, which can drive you back to sugary snacks.11. Allow yourself to rest and RecoverThe workout is where you go to break down muscle tissue and it builds back through proper nutrition, rest, and recovery. It may be tempting to go to the gym for two hours each day as hard as you can to achieve your goals, but it's not the most effective approach. If you don't allow proper rest and recovery, it can set you back a few steps. Your body is more prone to injury and even disease as you can weaken your immune system from all the progressive intensity the body faces.12. Get more sleep When you're deprived of sleep, you make it almost impossible to reach your health and fitness goals. Lack of sleep can increase stress hormones in the body, and over time these can lead to inflammation and chronic diseases. Make sleep a priority to let your body heal and rejuvenate. A good approach is 7 to 8 hours. Also allow yourself a run-off time and a pre-bed routine to help get more consistent sleep each night.13. Focus on habit, not resultIt's easy to get caught trying to achieve a certain look or throw time out of your mile, but the more important focus is on the habit that will bring you closer to those fitness goals. Do not look at the scale, tape measure or body fat percentage. Focus on the habits that will lead to these results. Don't compare yourself to where others are; You're right where you need to be.14. Take your fitness outsideThis can be difficult depending on the weather you experience, but the more you can be outside exposed to fresh air and sunlight, the better. Getting stuck in the gym doing cardio while staring at a wall won't do much for your mental Try to challenge your body more by Outside. Hiking is great and also just run and go. Give yourself more access to nature and a constantly changing environment. It also beats breathing in that recycled gym air.15. Making at least one Pull UpThis is a great last goal to focus on because it's a great test of strength and to see how you progress with your fitness. If you haven't been able to do one, you know what a challenge it can be. Having the goal of doing at least one pull up will not only show you how far you've evolved, but it's a great way to be dedicated and motivated. The bottom lineThese fitness goals will become more achievable through the year if you are consistent with your fitness. Set yourself a concrete timeline of when you want to achieve some or all of these to create realistic goals in the short term. Actually starting to make one of these goals happen this month! More on setting fitness goalsFaktured photo credit: Ivan Torres via unsplash.com unsplash.com

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