

Fitness Hacker:

DIY Health and Fitness Hacks

1. Take the stairs, even if there is no emergency. Not only do they relieve you from changing into your trainers or hitting the gym every time you need to do cardio, climbing stairs is an ideal low impact exercise which can serve as an effective alternative to running to strengthen your butt, calves, and quads. Take the stairs to get to your office or apartment, and leave things on different floors purposely to make use of stairs on a daily basis. Make use of staircases to do amazing strength workouts and box jumps.

2. All ready for a strenuous weight-focused workout, but dismayed by the absence of dumbbells? No problem. Make use of soup cans, cocktail tins, and milk bottles for a workout at home. Tape a few cans together if you think they are too light for your expertise or aim for an ambitious backpack filled with heavy books and sand bags. We always encourage our clients to make exercising easy and find fitness resources within their homes.

3. Increase your metabolism by simply increasing your daily incidental activities like parking your car further than usual, brush the carpet instead of hovering, walk over to your coworker's desk instead of emailing them and make your bed in the morning instead of waiting for mum to do it.

Your journey to a healthier 2018 depends on your determination and will. Benefit from these top lifestyle hacks and make this New Year a hale and hearty one!