



FITNESS Q & A: HERE'S TO A HEALTHIER YOU!

Question: What are some basic and quick exercises to do at home?

Answer: Here are three things you can do at home without any equipment.

1. **Leg lifts.** Get on your hands and knees on the floor. Lift your right leg up behind you parallel to the floor. Raise it as high as you can, then lower it to the floor. Do this 10 times. Switch legs.
2. **Climb stairs.** Go up and down your stairs 10 times in a row. This will tone your legs and increase strength. As you get stronger, increase the number of times you climb up and down.
3. **Dance.** Dancing is a fun and entertaining cardio exercise. And it's simple! Just play your favorite music and keep dancing!

