



Beyond the Push-up

Push-ups can help you stay fit right at home, without any equipment. Here are some other low-impact exercises you can do at home to stay strong and lose weight:

- **Sit-ups/Crunches** are one of the most basic forms of home exercise. Lie on your back with your knees bent, feet flat on the floor and hands resting behind your neck. Roll your shoulders up toward your knees, lifting your head and the top of your back off the floor. Your feet, buttocks and small of the back should remain on the floor. Then, lower back to the ground.
- **Wall slides** are a good leg strengthener. Don't over-exert yourself, and warm up beforehand to prevent injury. Stand with your back against a wall and feet shoulder-width apart. Slide down into a crouch with your knees bent to about 90 degrees. Hold this position for 4-5 seconds. Slowly slide back up the wall to the starting position.
- **Balance exercises** are helpful in recovering from conditions like stroke. Doing them regularly also helps prevent falls. Hold onto a table or the back of a chair for support. Lift one foot off the ground and try to hold it up without losing balance. When you feel confident you can balance without support, let go of the chair and try to balance on your own. (The chair is there if you need it to steady yourself.) Gradually build up the time you can balance without support.

For more information on measuring your strength and motivating yourself to exercise, visit these Web sites from the President's Council on Physical Fitness:

Fitness Fundamentals—a great explanation of what physical fitness is all about
<http://www.fitness.gov/fitness.htm>

Adult Fitness Test—A self-test of your aerobic fitness, muscular strength and endurance, flexibility and body composition
<http://www.adultfitnesstest.org/>

President's Challenge—an opportunity to sign up for a personal fitness program
<http://www.fitness.gov/challenge/index.html>



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