

Nurses Notes on Exercise  
“Create a Home Circuit”  
By Monica Petrella RN

Many, many years ago when I was in a team sport in college, we had to do a “**circuit**” of exercise to warm-up prior to strenuous activity. Why not make up your own “circuit” of exercise right in your **own home**?! Be creative! Always gently stretch your muscles before you start. Here are a few ideas I came up with: (they could be confused with household chores!!)

1. First, drink **one** glass of water.
2. Walk/Run up and down the stairs carrying an item that needs put away - **twice** – (be careful that the steps are clear and wear the proper shoes.)
3. See how fast you can empty the trash in **three** rooms
4. Jog slowly around the outside of the house **four** times.
5. Jump over pillows, in a spacious area, **five** times
6. Throw **six** articles of clothing into the hamper or a basket. (at least 6 feet away)
7. Skip with your pet from room to room **seven** times, or play fetch with your dog.
8. Do arm curls holding a canned good in each hand, at least **eight** times each arm.
9. Do **nine** sit-ups with knees bent and toes held under the couch.
10. Do **ten** jumping jacks.

Try to get an **hour of exercise each day**. Use props or equipment like balls, balloons, boxes, jump ropes, or hula hoops. You can always take a walk, bicycle with family and friends or turn on the music and “just DANCE!” Have fun!!

