



## Indoor Workouts You Can Do Without Leaving Your House This Winter

<https://www.zumper.com/blog/indoor-workouts-for-winter/>

*If winter is a time when exercising takes a backseat, try these in-home workouts to get your daily dose in without having to brave the cold.*

Working out in the winter is probably the last thing you want to do. Staying in, watching a movie, and barely getting out of your pajamas sounds much better than braving the cold. Here are a few indoor workouts perfect for wintertime.

### Abs and Arms Circuit

## MINI-CIRCUIT WORKOUT

This short, quick workout is perfect for when you only have a few minutes to squeeze in some exercise. Open the stopwatch on your phone and do this mini circuit 3 times for a great workout in under 15 minutes.

Try this mini-circuit and get a quick workout in before you even leave for work!

#### 1-MINUTE PLANK

Get in standard plank position. At 20 seconds in, extend each arm and leg for 10 seconds each, and come back to normal plank form for last 20 seconds.

#### 10 PUSH UPS

Push ups, military style. Keep your elbows in!

#### 45-SECOND SIDE PLANKS

Plank on right side arm for 45 seconds, switch to the left side without pausing.

#### 10 "V" UPS

Lie flat on back with legs lifted slightly. Raise legs and touch your fingertips to your toes, creating a V shape with your body. Return to original position and repeat.

Repeat 3X

### YouTube Yoga

Take a few minutes out of your day to get your yoga fix in. All you need is a yoga mat! Start with this short, 20-minute yoga workout for beginners (<https://www.youtube.com/watch?v=v7AYKMP6rOE>), if you're a newbie, or try more intermediate stuff like this at-home yoga video (<https://www.youtube.com/watch?v=TvYVgQqqjLc>) if you're looking for a challenge. The great part about YouTube yoga videos is that you can do them at your own pace, choose your own workout, and do as many as you want. Plus, it sure beats walking outside in the cold to get to your yoga studio.

# LEGS AND GLUTES WORKOUT

The best way to stay in shape and keep your body toned is to start at the foundation: the legs and glutes. Here's a simple, quick workout that will get you toned up in no time.

Get your legs and glutes toned from the comfort of your own home.

## 15 Power Jump Lunges

Start in lunge position, left leg and arm in front and right arm and leg in back, all bent at 90 degree angles. Jump up and land back in a lunge, but switch position of arms and legs.

## 15 Single-Leg Skater Squats

Stand on a stabilizing ball with front foot, hold weight outstretched in front of you, and bend back leg at 90 degree angle. Squat, keeping weight outstretched, and return to original position.

## 20 Hip Bridges

Lie flat on back with knees bent, feet flat on ground. Keep arms flat on floor at your sides. Slowly raise hips upward toward ceiling, then lower them back to the floor.

## 15 Squat Jacks

Stand feet together, hands at chest. Jump your feet out and sit back into a small squat. Jump your feet back together and return to standing.

<https://www.allrecipes.com/recipe/16820/italian-style-winter-soup/>

## Italian Style Winter Soup

### Ingredients

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 tablespoons chopped onion
- 8 cups chicken stock
- 4 (3.5 ounce) links Italian sausage, sliced
- 1 teaspoon dried oregano
- 1 tablespoon dried basil
- ¼ cup chopped fresh parsley
- 2 cups uncooked white rice
- ½ cup heavy cream

### Directions

#### Step 1

Heat oil in a large pot over medium heat. Add garlic and onion and saute for 3 minutes, or until tender. Add the sausage, browning well on all sides, about 5 minutes.

#### Step 2

Add the chicken stock, oregano, basil and parsley. Bring to a boil, reduce heat to low and simmer for 1 hour.

#### Step 3

Add the rice and simmer for 30 more minutes. Finally, add the cream, stirring well. Remove from heat and let soup rest for 5 minutes before serving.



### ***Too Cold to Head Outdoors? Check out these Ideas for Tons of Indoor Fun!***

- **Go camping!** Build tents with blankets and pillows, and decorate with favorite stuffed animals, plastic figurines, flashlights, etc. Snuggle inside and read books and tell stories!
- **Hunt for Treasure!** Hide “treasure” all over your home and devise clever clues to bring your treasure-hunters closer or farther away from the cache.
- **Cook, cook, cook!** It's a perfect time to spread your love for food and nutrition.
  - You can have a bake-off challenge between siblings, or even mom vs. child!
  - Another cooking lesson could be to teach your children to make Chia Seed Pudding or a “healthy” ice cream made from coconut or almond milk, with healthy flavorings like cacao powder.
  - Smoothie Challenge. Find out who's got the perfect recipe!
- **Slime it up!** Rather slippery slime over dough? Bubbling slime? There's so many possibilities! Check out these great resources: <https://epicfunforkids.com/bubbling-slime-recipe-sensory-tubs/> and <https://www.thesprucecrafts.com/slime-recipes-4171511>.
- **Sensory boxes galore!** Grab some plastic bins and fill them with rice, beans, buttons, beads, feathers, slime, or even dough. Hide your favorite toys inside and let the kids dig!
  - Make sensory balls. Kids can fill balloons with dough, water beads, glass beads or slime and decorate!
  - Make sensory pillows. Make small pillows from material scraps and stuff with bells, paper, foam, etc.
- **Bag puppets!** Remember them? A paper bag – construction paper and crayons? Bits and pieces of material and imagination and you are on your way to a fantastic puppet show.
- **It's all about art!** Plan an art show by challenging your children to draw a picture and then make it come alive with materials from your house or backyard. Recently, students and residents from TCFD won a statewide competition making this amazing mixed-media work (link to blog post).
- **Feeling silly? How about a dance party?** It's a great way to expel some energy, while also having tons of fun – great from the heart and soul.
- **The Voice...at home!** You don't need a karaoke machine to get this going, just lyrics from your favorite songs – on your phone or on a Bluetooth speaker.
- **The Wow Factor!** Bring science right to the kitchen table. Make corn dance or homemade lava lamps. Who doesn't love a fizzy baking soda-vinegar reaction? Here's a great resource: <https://littlebinsforlittlehands.com/dancing-corn-thanksgiving-science-activity/>
- **Don't have a lot of space?** Try some simple kid-based yoga videos on YouTube and meditation Apps. In fact, even if you have space – try the yoga and meditation with your children. It's a great break from your day!