



CREATE A home gym

Going to the gym can be expensive in terms of both money and time. Instead of spending all that money on a membership, why not invest in equipment you can use for years without having to leave your house?

You don't need fancy machines to create a functional home gym. And you don't even need much space. These items can fit anywhere and will challenge your body to get stronger and healthier.

Resistance bands: Get a set that offers low, medium, and high resistance for a variety of challenges.

Kettlebells: Choose a 6 kg (13 pounds) kettlebell for women or an 8 kg (18 pounds) kettlebell for men.

Step platform or box: A step platform or box will allow you to do step-ups, jump-ups, and other types of movements that get you in the cardio zone.

Exercise ball: This inflatable ball adds variety to your workouts and is easy to store.

Jump rope: If jumping is safe for you, a jump rope is an ideal piece of cardio equipment.

Source: National Library of Medicine

