



Core 4 - Body Daily Habit Ideas

SWEAT

Some ideas for things you could do to sweat every day include:

- Join a gym like Orange Theory, YMCA, Planet Fitness, Anytime Fitness, F45 Training, Lifetime Fitness, etc.
- Go for a run around the block
- Go for a vigorous walk
- Run up and down the stairs 10 times
- Find a yoga video on YouTube
- Find dance videos on YouTube
- Play Just Dance on Nintendo Switch
- Lift a set of weights at home
- Take a dance class
- Go for a hike
- Go for a bike ride
- Go rock climbing
- Take your dog for a walk or run
- Do a jump rope routine
- Do a stretching routine (YouTube to find one)
- Try a new sport/join a team
- Vigorously clean the house
- Go sledding
- Go to a kick boxing class
- Jump on a trampoline
- Go stand-up paddle boarding, kayaking, or canoeing
- Go Geocaching
- Chase your kids / play tag
- Take a martial arts class
- Do handstands
- Learn parkour
- Play on a playground
- Do air squats
- Do burpees
- Go rollerblading or rollerskating
- Do situps
- Do a HIIT routine (YouTube to find one)
- Do Pilates
- Go to a spin class
- Use a Bosu ball
- Take a barre class
- Use TRX straps
- See how long you can hold a plank
- Do a bodyweight routine (YouTube to find one)