


# STAYING WELL AT HOME

 **Body Project's** top tips for feeling your best inside and out (of your home)



## HOME EQUIPMENT

Who says you need to be at the gym to get a great workout?

No weights? No problem!  
Use these household items instead 📌

- 2 x 1kg bags of rice
- 2 x 1.5 litre bottles of water (which weighs 1.5kgs)



💡 **Top Tip:** A mirror is great to have nearby to make sure your form is correct and to also admire those results!

## SET THE SCENE

Short on space? Don't sweat it!

All you need is enough space that allows you to lie down head-to-toe on the ground with a few inches either side to stretch out your arms.



💡 **Sleep plays a vital role in both our physical & <sup>zzz</sup> mental wellbeing. Aim for 7-9 hours per night to keep your mood & energy levels elevated**

## TROUBLESHOOTING 🛠️

- ✓ Minimise distractions or interruptions by blocking off dedicated workout time in your diary.
- ✓ Little ones keep jumping in on your workout? -get them to join in!
- ✓ Internet giving you trouble? Class not streaming properly? Don't sweat it - just head out for a brisk walk instead!

## IT'S THE LITTLE THINGS 💕

**Dress for success** - invest in some nice workout clothing. You'll feel far more motivated to exercise when you feel good popping on your new gear!

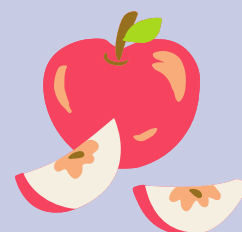
🎵 **Create a playlist you love** - Did you know that a faster beat is preferable as it reduces perceived effort?! Yup, that workout seems easier than it really is!

**Practising yoga or pilates** at home? Create a zen atmosphere by lighting your favourite aromatherapy candle...ommmm! 🧘

## EAT RIGHT TO FEEL GOOD!

Clear out the cupboards of temptations and replace with healthy grab-n-go's. Great examples are 📌

- Sliced apple with a smear of nut butter
- Celery with hummus
- Handful of prunes
- Greek yoghurt (optional sprinkle of nuts)



**Stay hydrated** - 💡 pour your daily intake of water into a jug and keep by your work area. Drink some first thing in the morning and then sip regularly throughout the day.

🍸 **Faux-Cocktails:** make your favourite cocktail with all of the fanfare and none of the booze! The sense of having your 'drink' is often enough to give us the sense of the reward at the end of a hard day at the office. *Cheers!*

## STAY CONNECTED

Join the **Body Project** community!  
We deliver expert online fitness programmes that make workplace wellness easy, accessible and affordable for companies of all sizes.

Click [here](#) to learn more about our corporate wellness membership programmes

