

WORKOUTS FOR PEOPLE OF ALL AGES

Getting your daily workout in is essential for your health, happiness and well-being. The key to a good workout is the motivation to *actually* do it. It's the look-good, feel-good mentality that can keep you going.

Explore a few workouts below to keep yourself feeling good!

#1

People of all ages can benefit from workouts such as push-ups, squats and crunches—no weights necessary.



#2

Biking for 20-30 minutes is an easy and fun way to exercise.



#3

Walking for 30 minutes is the simplest and most common exercise that can keep you in shape.



#4

Get a workout without the sweat by swimming for 10-15 minutes a day.



#5

Yoga is a great, low-stress way to stay in shape.

#6

Stretching keeps your body loose and helps prevent injuries.



#7

Going for a run is one of the best ways to stay in shape, burn calories and strengthen your core and legs.

