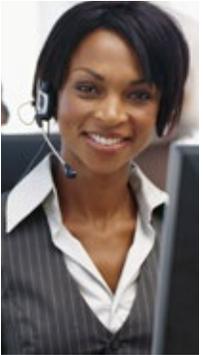




BalanceHealthSM Newsletter

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Exercise Like a Kid

There are so many “exercises” that we did as children that were an enjoyable part of our daily routine. Many of these have great health benefits for adults as well and can be really fun. For a nice break from your regularly scheduled workout, try to fit some of the following activities into your fitness regimen.

Hula Hooping

This is a great exercise to help tone core muscles including abs, lower back, glutes, and thighs.

Jumping Rope

Jumping rope is a wonderful way to burn calories quickly! In addition to burning a ton of calories jumping rope is great for toning calf and shoulder muscles. There are many variations to jumping rope, switching it will keep it fun!

Mountain Climbers

Start in a push-up position, then al-

ternate bringing one foot at a time forward toward your armpit and then extend it back out. It’s almost like running on all fours. This is a cardio exercise and is great for stabilizing the core muscles.

Swinging

Find a playground and start swinging. This will take you right back to childhood and is so fun it won’t feel like exercise at all! Swinging for an hour can burn 200 calories! It can also help condition the joints, muscles, tendons and ligaments.

Hopscotch

Get some chalk and make yourself a hopscotch board. The legend is that thousands of years ago, Roman soldiers used hopscotch to test their speed and strength. Hopscotch can help with agility and balance and helps work the muscles in your legs.

For more information or advice about fun workouts, contact your Wellness Coordinator by calling:

1.800.327.2255

eni’s BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.



Swimming

Kids can spend hours in the pool! Reclaim your love of the water by swimming laps. This is a great low impact cardio exercise that tones the muscles in your back, shoulder, and abs.

Stand on One Foot

This simple movement can really help improve balance. Intensify it a bit by turning it into a yoga pose – Stand on your right foot, then bring your left foot up to the inside of your right knee, then repeat on the other side. Balance moves like this also help work your core as you have to engage those muscles to keep your balance.

Play Basketball

Find a local park and shoot some hoops. Basketball is a great total body workout and a fun way to fit in cardio and burn lots of calories.

Jumping Jacks

These are great for coordination and they really get the heart pumping, making for a simple way to sneak in some cardio. Jumping jacks are also an effective warm-up before a workout.

Dance

Next time you're alone in your house use commercial breaks to pump some music and dance around! This can be so fun and is great cardio. The crazier you're dancing, the more calories you will burn.

Jump on a Trampoline

Trampoline jumping can burn 160 calories in 30 minutes! This is a great aerobic exercise and it's so much fun. A major factor in working out is keeping it fun so you will stick with it long term. Sprinkling these fun kid-style workouts into your fitness routine can add variety and keep exercise interesting and enjoyable.

Remember that **eni's** Wellness Coaches are available to provide our members with information and tips on fun workouts that will help them reach their fitness goals.

Before starting any new fitness activities, be sure to check with your doctor

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