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Household hacks for better fitness



We know that staying fit and active promotes good health, but not everyone wants to visit the gym. Luckily, you can have an effective workout in the comfort of your home.

Household chores and activities can provide the same benefits as regular exercise at the gym. They're also likely to prevent injury, as they're functional activities, and get the body accustomed to moving in the same way as it would at the gym.



HOW MUCH PHYSICAL ACTIVITY DO YOU NEED?

The World Health Organization recommends **at least 150 minutes of moderate-intensity physical activity, or 75 minutes of high-intensity activity, weekly.**

Did you know you can estimate the intensity of your household workouts using the Metabolic Equivalent of Task (MET)?

EXERCISES ARE RECORDED AS FOLLOWS:

Less than 3 METs: light intensity

3 to 6 METs: moderate intensity

More than 6 METs: high intensity

THIS MEANS YOU NEED:

Physical activity with a **MET rating between 3 and 6** for at least **30 minutes a day.**



Physical activity with a **MET rating above 6** for at least **15 minutes a day.**



WHAT ARE SOME OF YOUR OPTIONS FOR HOUSEHOLD WORKOUTS?

Moderate-intensity activity: 3 to 6 METs



Cleaning and sweeping, instead of light weights
MET VALUE: 3,5



Cooking, washing dishes and other kitchen chores, instead of yoga
MET VALUE: 3,3



Climbing the stairs, instead of cycling
MET VALUE: 4

High-intensity activity: 6+ METs



Vigorously playing with children, instead of swimming
MET VALUE: 6



Moving household items around, instead of running
MET VALUE: 7



Carrying groceries up the stairs, instead of jumping rope
MET VALUE: 8

NOTE: It is always best to consult your doctor before starting a new exercise programme.

You don't need a gym to stay fit, as there are plenty of opportunities at home for staying active and improving your health.

References

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