

THE HEALTHY LIFESTYLE
COACHING PROGRAM PRESENTS:

NO GYM, NO PROBLEM!

YOUR VIRTUAL GUIDE TO EXERCISE

This series has been created to provide guidance on fitness routines that require little to no equipment.

If you are looking for more assistance with your health and wellness goals, our health coaches of ChristianaCare are more than ready to help.

Sign up for an appointment with one today!
cchshealthcoach.as.me

Episode 4

SUNNY WEATHER WORKOUT!

It's that time of year to enjoy the great outdoors!
For this routine, all you need to find is a small grassy
area or pavement.

The Workout

Complete as many rounds as possible in 30-45 minutes

- Butt Kicks 15 seconds
- Walking Lunges 5 reps/side
- High Knees 15 seconds
- Hamstring Kick and Reach 5 reps/side
- Fast Feet 15 seconds
- Forward Pivot Squats 5 reps/side
- Split Squats 15 seconds/side
- Shuffle 10 reps
- Side to Side Skater Hops 10 reps/side
- Frog Jumps 10 reps

If you have any questions, please email HealthCoach@ChristianaCare.org.
You can also post direct questions on our official Teams page,
"Our Healthy Lifestyle".