

HFN HEALTHY @ HOME

TIPS AND TRICKS TO PRIORITIZE HEALTH
WHILE AT HOME



HOUSTON FAMILY NUTRITION

(281)-940-5878

info@houstonfamilynutrition.com

<https://www.houstonfamilynutrition.com/>



TABLE OF CONTENTS



**HFN HEALTHY
@ HOME**

TIPS AND TRICKS TO PRIORITIZE HEALTH
WHILE AT HOME

03 MEET THE HFN TEAM

- who does what

04 INTRO

- from Moe, CEO of HFN

05 HOW TO CONNECT WITH HFN

- email, website, and instagram

06 LESSON 1

- sliders

07 LESSON 2

- stairs and chairs

08 LESSON 3

- weighted objects

09 LESSON 4

- limited space cardio

10 LESSON 5

- outdoor activities and family games

11 LESSON 6

- mobility and stretching

12 LESSON 7

- home office exercises

13 LESSON 8

- soccer/sports-specific exercises



MEET THE HFN TEAM



**HFN HEALTHY
@ HOME**

TIPS AND TRICKS TO PRIORITIZE HEALTH
WHILE AT HOME



**MOë SCHLACHTER,
MS RD CDE**

[Click here for bio](#)



DENNY DAO, RD LD

[Click here for bio](#)



**KATIE ARLINGHAUS, MS
RD**

[Click here for bio](#)



**PAIGE HAYWARD,
DIETETIC INTERN
AND VIDEO EDITOR**



**JEN WOLFE, CLIENT EXPERIENCE
COORDINATOR**

[Click here for bio](#)



**MAGGIE HENNIGAN,
DIETETIC INTERN AND
BOOKLET DESIGNER**

INTRODUCTION

**HFN HEALTHY
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TIPS AND TRICKS TO PRIORITIZE HEALTH
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Why we wrote this guide

Houston Family Nutrition, the premier destination for nutrition therapy in Houston, cares about the health and wellbeing of Houstonians and Texans! We created this program, HFN Healthy @ Home, to keep you and your loved ones motivated & healthy. Abrupt life shifts can be challenging and scary, but also an opportunity for personal growth! Take advantage of this time by tuning into your body & mind.

Making physical activity a priority in your day will yield many benefits such as decreasing stress, improving sleep, supporting your immune system, increasing endorphins & mood, and of course improving your physical health!

As we adjust to a quarantine lifestyle, we have to be a bit more creative in the ways we stay healthy and active. Luckily, many of the household objects around you can be used to your advantage!

This guide outlines several types of workouts you can do right in your home and your backyard. We included resources, tips, and [video links to all of the workouts](#). Don't forget to check out Houston Family Nutrition's website and social media pages for even more resources on health, nutrition, and wellness. We are in this together and hope that you find positivity and motivation from this program!

*Moe Schlachter, MS RD LD CDCES
President
Houston Family Nutrition Inc.*



CLICK HERE TO JOIN OUR NEWSLETTER



See all of the workouts in this guide demonstrated HERE along with a podcast that will spark ideas to keep your days in quarantine positive and productive.

Click the icons to connect with us for more great content!



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QUARANTINE WORKOUT TOPIC 1:

SLIDERS

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WHILE AT HOME

We are going to put your average household items to good use to get you moving and feeling stronger! All you will need for this workout is two wash clothes or towels if you are working with a hard surface. If you are working with a carpeted surface, you will need two paper plates or two pieces of cardboard (think about saving a few used cereal boxes!) If you are on a hard surface, you may also want a mat or extra towel to place under your knees for some of the movements.

Each exercise has a short video clip explaining proper form and execution. There will also be modifications provided for certain exercises to decrease or increase intensity. Depending on your fitness goals, you can adjust the amount of time or repetitions as needed to get the best workout for YOU! Start with two rounds total and add as many extra rounds as you'd like for an extra burn!

[Sliding push-ups \(10-12 total per round\)](#)

[Lateral lunges \(10-12 each leg per round\)](#)

[Reverse lunges \(10-12 each leg per round\)](#)

[Single-leg half circles \(10-12 each leg per round\)](#)

[Mountain climbers \(20 total per round\)](#)

[Knee Tucks or Pikes \(10-12 total per round\)](#)

[Body saws \(10-12 total per round\)](#)

[Plank jacks \(10-12 total per round\)](#)

[Glute bridges \(10-12 total per round\)](#)



QUARANTINE WORKOUT TOPIC 2: STAIRS AND CHAIRS

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@ HOME

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WHILE AT HOME

We are going to get you moving by using your stairs and chairs! If you do not have stairs in your home, try using a sturdy step stool. If you are using a step stool, make sure it is up against a wall for stability. For the chair exercises, please be sure it will not slide from its place and push the back side up against a wall for extra stability.

Each exercise has a short video clip explaining proper form and execution. There will also be modifications provided for certain exercises to decrease or increase intensity. Depending on your fitness goals, you can adjust the amount of time or repetitions as needed to get the best workout for YOU! Start with two rounds total and add as many extra rounds as you'd like for an extra burn!

Chair Exercises

- Sit to stand (12-15 total per round)
- Single leg squats (10-12 each leg per round)
- Tricep dips (12-15 total per round)

Chair Exercises

- Step ups (10-12 each leg per round)
- Stair Climbers- Simply walking up and down the stairs!
*No video: we recommend you do this to your own level and intensity, using a handrail for safety
- Squat and side-glute lift (10-12 each side per round)
- Toe taps (30 seconds per round)
- Calf raises (12-15 total per round)



QUARANTINE WORKOUT TOPIC 3: WEIGHTED OBJECTS

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WHILE AT HOME

This workout is focused on keeping your muscles awake with everyday objects you can find in your home! Some options for you to use for weights include a weighted backpack (filled with water bottles, shoes, clothes, etc.) or handheld objects such as laundry soap bottles, milk jugs, or soup cans (vary the weight according to your preference).

Each exercise has a short video clip explaining proper form and execution. There will also be modifications provided for certain exercises to decrease or increase intensity. Depending on your fitness goals, you can adjust the amount of time or repetitions as needed to get the best workout for YOU! Start with two rounds total and add as many extra rounds as you'd like for an extra burn!

Weighted duffle bag or backpack

Lunge and oblique twist (12 total per round)

Push press (10-12 total per round)

Front-loaded squat (12-15 total per round)

Straight leg deadlifts (12-15 total per round)

Bent over rows (12-15 total per round)

Click on the
exercise to see
the video!

Handheld objects (laundry soap bottles, milk jugs, cans, etc)

Bicep curls (12-15 per round)

Shoulder raises (12-15 per round)

Overhead press (12-15 per round)



QUARANTINE WORKOUT TOPIC 4:

LIMITED SPACE CARDBIO



The focus for this workout is to get that heart rate up indoors! Even if you do not have a lot of room to work with, these are options you can use to burn calories in compact areas.

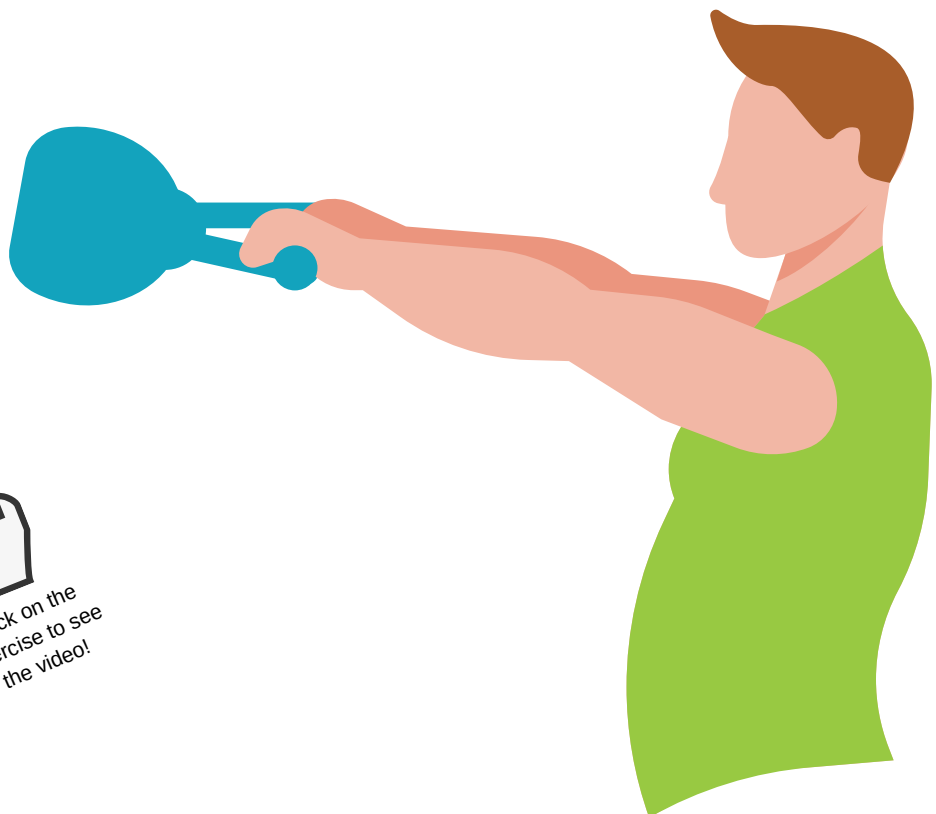
Each exercise has a short video clip explaining proper form and execution. There will also be modifications provided for certain exercises to decrease or increase intensity. Depending on your fitness goals, you can adjust the amount of time or repetitions as needed to get the best workout for YOU! Start with two rounds total and add as many extra rounds as you'd like for an extra burn!

Start with 30 seconds of each exercise with 30 seconds of rest. If desired, you can increase the time by 10-15 seconds at a time.

- [Burpees](#)
- [Lunge jumps](#)
- [Squat jumps](#)
- [Skaters](#)
- [Knee pulls](#)
- [Knee repeaters](#)
- [Ski jumps](#)
- [Jumping jacks](#)
- [Ham curl](#)
- [High knees](#)



Click on the exercise to see the video!



QUARANTINE WORKOUT TOPIC 5:

OUTDOOR ACTIVITIES & FAMILY GAMES

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Let's combine some fresh air and nature into today's workout! Whether in your yard or an open local space, these exercises are great ways to get moving in the great outdoors.

We also have some creative ways for you to put together family challenges both indoors and outdoors.

Each exercise has a short video clip explaining proper form and execution. There will also be modifications provided for certain exercises to decrease or increase intensity.

Start with 30 seconds of each exercise with 30 seconds of rest. If desired, you can increase the time by 10-15 seconds at a time.

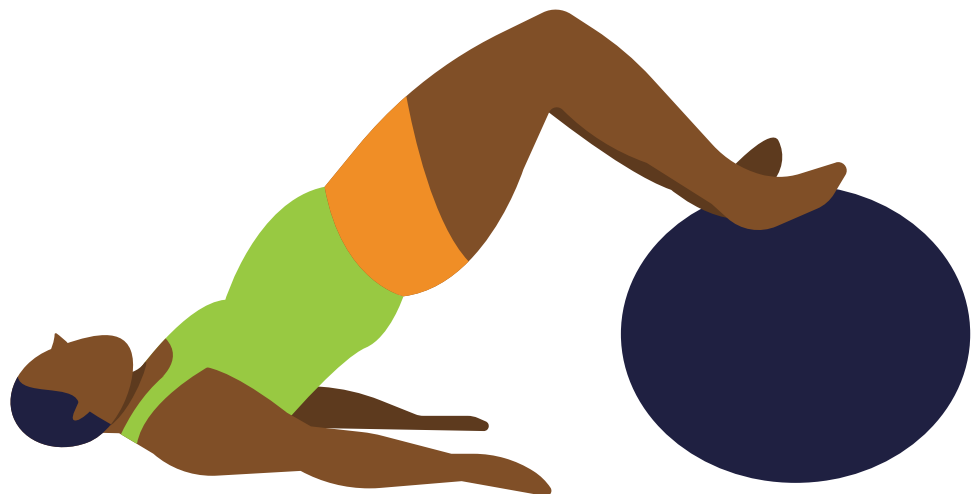
Agility Challenge (rocks, boxes, rope, yardstick, etc.)

- [Sprints](#)
- [Grapevine](#)
- [High knees](#)
- [Walking lunges](#)
- [Walking squats](#)
- [Butt kicks](#)
- [Skips](#)
- [Ladder run](#)
- [Long jump](#)



Family activities

- [Relay races: click here for ideas](#)
- [Tag games: click here for ideas](#)
- [Indoor obstacle courses: click here for ideas](#)
- [Deck of cards workout](#)



QUARANTINE WORKOUT TOPIC 6:

MOBILITY AND STRETCHING

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WHILE AT HOME

We are going to slow it down today to go over mobility and stretching exercises. It is important to reduce the risk of injuries and stiffness by stretching your muscles at least once a day, especially pre and post exercise.

Each exercise has a short video clip explaining proper form and execution.



Arm circles and shoulder rolls (10 each direction total)

Head tilt (hold each side for at least 15 seconds)

Hip circles (10 each leg total)

Standing quad stretch (hold each leg for at least 15 seconds)

Standing hamstring stretch (hold each leg for at least 15 seconds)

Chest and upper back stretch (hold each position for at least 15 seconds)

Standing calf stretch (hold each leg for at least 15 seconds)

Standing IT band stretch (hold each leg for at least 15 seconds)

Seated glute stretch (hold each leg for at least 15 seconds)

Seated twist (hold each side for at least 15 seconds)

Laying full-body stretch (hold position for at least 15 seconds)



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QUARANTINE WORKOUT TOPIC 7:

HOME OFFICE EXERCISES

Stuck at the (home) office? Feeling a bit low on energy and tight in your back or hips? We are going to teach you some ways to keep your energy up during the work day and also help reduce the risk of chronic back/hip pain caused by an uncomfortable work/desk station.

Please be sure to read the tips on simple things you can modify in your work space to make it a more health-focused space. In addition to the tips, check out the guide to desk exercises below and give them a try in your own office space.

Tips to create a healthier work space:

- Invest in a standing desk adjuster: [Click here for a suggested product](#)
- Use an exercise ball as a chair: [Click here for a suggested product](#)
- Stand up at least once an hour. You can also incorporate body weight exercises such as squats into your non-sitting moments (try to do 10 squats or pushups for each hour you are sitting)
- Stay hydrated by keeping a glass of water or a water bottle next to you at all times
- Take screen breaks - look around the room or out a window every so often to help reduce eye strain

Desk exercises: if you find yourself stuck at your desk, give these moves a try for a few rounds.

■ [Desk Exercise Guide](#)



Click here to
see the video!



QUARANTINE WORKOUT TOPIC 8:

SOCCER/SPORT-SPECIFIC EXERCISES

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WHILE AT HOME

The coronavirus outbreak has caused huge disruption to football around the world, with leagues suspended, some players under quarantine and matches being played behind closed doors. If you enjoy playing sports, you may feel frustrated being cooped up. Why not use this time to get your skills and technical ability up to speed?

Grab a soccer ball, tennis ball, mini soccer ball, golf ball, football, any type of round object that you can find around your house.

It is time to practice juggling, fake passes and some extra touches on the ball. The smaller the ball, the less surface area therefore it is a lot harder. This will challenge you and is a great workout. Join in the fun and follow on with the video that has been created.

Start with a challenge (kicking the ball into the trash can, passing the football into the trash can).

Perform every exercise for 1 minute each!

- Juggling
- Ring the bell
- Pull & push inside of the foot
- Pull & push laces
- Toe touches
- Inside & outside of right foot
- Inside & outside of left foot
- Drag, drag L turn
- Fake pass L turn



Click on the
exercise to see
the video!

