

# THERE'S NO PLACE LIKE HOME *for your* workout



Making regular exercise part of your day isn't always easy. "It doesn't matter if your fitness classes are amazing or the gym has high tech equipment. If you only get there once a month, the benefits are moot," says Sears fitness ambassador and personal trainer Kathleen Trotter. If you have a poor track record getting to the gym, here are some of her top tips for getting fit at home.

## STAY ON TRACK

In the winter we all tend to walk and bike less. Instead of becoming inactive during the cold weather season, maintain your fitness program in the warmth of your own home. Wake up and go for a morning run on a treadmill. Also, remember to focus on simple dietary adjustments like starting your day with a healthy blended smoothie.

Try a machine like the NordicTrack x7i Incline Trainer to hike instead of walk. Get a more efficient workout in less time!



The Bowflex Home Gym offers over 60 unique exercise options in a single machine!

## Customize your workout

Affordable home gyms allow you to select the right equipment to suit your body and fitness goals. If you're worried about knees and hips, buy a low-impact cardio machine like the elliptical. If you want to build muscle, invest in a home gym, which lets you work multiple muscle groups.



## KEEP IT CONVENIENT

The NordickTrack GX 2.5 Upright Bike has iPod-compatible speakers, so you can ride to your favourite playlist. Wheels allow for easy storage when not in use.



When the winter workday is done, you may be less motivated to head out for exercise, especially when it's cold and dark. So you can't beat the convenience of a home gym. You don't have to waste thirty-plus minutes getting to and from a fitness centre. Instead, hop on a stationary bike while watching your favourite TV shows!

## Find new ways to motivate yourself

If the health benefits aren't enough to spur you to get moving, try investing in a new piece of workout wear.

When you're feeling lazy, there's nothing like fun new workout gear to give you the extra push you need to lace up your running shoes and get moving!