

THE WORKOUT GEAR YOU ALREADY OWN

Who needs pricey equipment? Repurpose some ordinary household items and you're on your way to better health.



▲ **KATHY KAEHLER**, trainer to the stars, has some moves for you, too.

offers a selection of exercises you can do, using ordinary items, to build strength and flexibility in five-minute intervals throughout the day.

Living Room Bridges

YOU'LL NEED: A COFFEE TABLE
STRENGTHENS: CORE, LEGS, BACK

Lie on the floor and put your feet up on a coffee table so your back is on the carpet. Keep toes facing the ceiling and heels on the table. Now gently lift your hips up off the ground. Squeeze your butt cheeks, then lower. Do 10 and take a rest. Repeat a few times if possible.

Making fitness part of your at-home routine can save you money and offer freedom from gym workouts—you control the pace *and* the music selection. Here, fitness expert and celebrity trainer Kathy Kaehler

"Love" Crunch

YOU'LL NEED: A TENNIS BALL
STRENGTHENS: CORE, INNER THIGH, BACK

Lie on the floor with knees bent, feet flat, and place a tennis ball between your knees. Place hands under hips. Pull feet off the floor and bring your knees toward your chest without dropping the ball. Do this 10 times and repeat a few times, if you can.



Soft-Shoe "Line" Dance

YOU'LL NEED: A 3-FT STRIP OF MASKING TAPE
STRENGTHENS: BALANCE, HEART

Place tape strip on a wood or other hard surface. Stand on right side of the tape line and shuffle back and forth over the line in a "left-together-right-together" pattern, crisscrossing until you reach the end of the tape. Then turn around and repeat in other direction, for one full minute. Rest and then repeat it 2 to 3 more times. For more of a challenge, jump back and forth on both feet. Even harder: Do it on one foot.



Lunge Highway

YOU'LL NEED: A HALLWAY

STRENGTHENS: QUADS, GLUTES, BALANCE
Standing at one end of a hallway with a hand on each wall for support, lunge forward so one leg forms a right angle (with the knee above that leg's ankle but not over the toes). Stand and step forward into a lunge with the other leg. Moving slowly to maintain balance and form, continue down the hall, using the walls for balance.

No-Chair Sit

YOU'LL NEED: A STURDY BLANK WALL
STRENGTHENS: BALANCE, ABS, QUADS, GLUTES

Stand with your back against the wall and slide down the wall until you are "sitting" in an imaginary chair. (Pull a real chair next to you and hold on for balance, if needed.)

As always, check with your doctor before beginning a new exercise routine.



YOUR TURN

What's your favorite exercise gear? Let us know at: aetnamedicare.com/yourturn

Keep your back pressed against the wall and hold it there. Start with 10 seconds and build up to 30 seconds. Do this a couple of times a day.

Liquid Booster

YOU'LL NEED: A FULL WATER BOTTLE OR SPORTS DRINK

STRENGTHENS: ARMS, SHOULDERS, BACK

Seated or standing, hold bottle in one hand next to your shoulder and lift it overhead 10 times. Drop it to the side of your body with arm straight, then lift it to shoulder level 10 times. Now place the bottle in front of your thigh, arm straight, and lift the bottle to shoulder level. Repeat 10 times with each arm.



▲ **JACK NICKLAUS**, 71, maintains his health with daily workouts.

GOOD MOVES

Whether he's playing golf or tennis, hosting his Memorial Tournament—the PGA Tour event that benefits the Nicklaus Children's Health Care Foundation—or managing his global golf course design company, Jack Nicklaus has a nearly nonstop travel schedule. A secret to his stamina, he says, is water—lots of it at every meal. He also prioritizes daily exercise. His

focus: functional moves emphasizing muscles used in everyday activities such as lifting, carrying and golf. Since November 1988, he has used a routine prescribed by anatomical physiologist Pete Egoscue (egoscue.com). "I have missed only one day, and that was the day I had back surgery in November 2004," says Nicklaus—who can do the no-chair sit (above) for a full two minutes.