Many people run into complications that allow them to skip their physical activity for the day. Recent findings show that people prefer to exercise at home because of personal satisfaction. They like that they can “fit it in their lifestyle instead of having to drive to the gym” and they that they don’t “have to get dressed up to go to the group” (Simek, 2015). Another reason that at home exercises are important to fit into a daily schedule is because they help prevent injury or disease and improve overall activities of daily living.

**Strength** exercises are important because they help you maintain weight, keep your blood sugar in check, and make everyday activities easier. Some examples of strength training exercises include squats, shoulder press, bicep curls, triceps extensions. Having a stable chair near by to help with balance is recommended. Exercises should be done 2 - 3 times per week, starting at 8 repetitions for 2 sets.

**Balance** exercises prevent falls, prevent injuries and allow you to stay independent. Some balance exercises include calf raises, lateral leg raises, and front leg kicks. Balance exercises should be done with a chair or railing that can be reached or held during each exercise. Balance exercises should be done 2 - 3 times per week for about 20 - 30 minutes.

**Stretching** allows you to stay active and have more freedom of movement. Stretching alone can prevent muscle soreness and improve muscle function (TUNWATTANAPONG, 2014). Stretching major muscle groups and joints in the body is recommended after endurance exercises. Stretches should be held for 10-60 seconds and is recommended to do daily.

**Endurance** exercises help prevent or delay the onset of disease and improves overall quality of life. Building up your endurance makes it easier to complete day to day tasks. Endurance exercises include walking, dancing, biking, raking leaves, mowing the lawn and gardening. ACSM recommends to do 30 minutes of cardio 5 or more times per week.