

# Download Get Fit While You Sit Easy Workouts From Your Chair

Also, We Are Sitting Wrong. There are countless ways you sneak more activity into your day, aka exercise hacks. There are exercises to do at your desk, such as chair exercises and stretches you can incorporate into your daily routine. How to Get Fit at Home. Spending lots of money on a gym membership is not the only way to get fit; a great workout is also possible in the comfort of your own home. All you need is a little bit of time and space to yourself, and a basic... I recently came across this article, which talks about using an exercise ball as your home or office chair. I have used an exercise ball as a chair before, and it was thoroughly enjoyable. Here are some of the benefits of using an exercise ball as your chair. @lindseyvonn What if you could get all the benefits of a sweaty bike ride and a trip to the weight room in 7 minutes?. There's an app for that — and it's the best one we saw this past year ...