

# How home fitness can change your life

Home fitness is not for everyone, but then, neither is the Gym! In this article, we uncover **how home fitness can change your life**. First, By discussing the importance of fitness and then the options that might suit you.

Fitness became the focus for many in March 2020 and beyond July 2021's [final lockdown](#). However, we should keep in mind that the UK National Health Service already recommends that we should do 150 minutes per week of moderate activity:



Photo by Victor Freitas on Unsplash

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*NHS General health and fitness guidelines for adults aged 19 to 64 is **150 minutes of moderate-intensity weekly activity.** (2.5 hours) per week.*

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## **The importance of Home fitness**

Home fitness has never before been more important to health. We see more businesses choosing to support home working. While there are benefits to this type of [hybrid](#) approach, it can exacerbate the sedentary lifestyle that is proving deadly for many. If you are a remote worker, then perhaps you more than most should be considering home fitness.

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*In Scotland, on September 22, [ **Gov.Scot** ] reported that of the businesses that allow Home working, **58.8%** said that employees worked from home 1 to 2 days a week. **22.1%** reported four days per week, and **8.5%** reported working from home more than five days per week.*

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If you are a remote worker, consider replacing the days that you work from Home with a lunchtime activity such as a walk, run or workout. If you work from home more than 1 to 2 days per week, consider classes or a home Gym.

### **How home fitness can change your life:**

- Boost your mood
- Improve your sleep
- Helps with mental health
- Limits stress on your brain
- Reduces chronic pain
- Protects your heart
- Slows cognitive decline
- Strengthens bones and joints
- Supports eye health

## What fitness equipment is best for Home?

The best fitness equipment for the Home is typically smaller, multifunctional items. It is typical for a house to be used to capacity, so finding space for a Gym can sometimes be challenging. In the UK especially, home garages are regularly turned into Gyms because they are often too small for modern cars or used for excess storage. So, when considering equipment for your Home, consider how it can be stored and used to maximize its benefits. Items like Kettlebells, Dumbbells, Barbells and small weight benches are ideal. You can easily buy these from one of the UK's biggest online fitness retailers, [Mirafit](#), and other Gym equipment.

### Tips for Home fitness equipment

- **Remember** to consider the size of the equipment and the use area requirement.
- **Choose** items that can be stacked or stored, and consider multifunctional equipment.
- **Select** items that can increase resistance with you so you do not outgrow too quickly.
- **Keep** it simple initially so that you only buy things that you may use.
- **Flooring** is worth its weight for protecting you, the equipment and your space. Read how [to choose flooring](#).

### Is a Home workout better than a Gym?

There are pros and cons to working out at Home versus working out at the Gym. These pros and cons also vary based on the individual. For example, it may be better for you to work at Home because you are uncomfortable working out in front of others, or perhaps the opposite, you're one of those who benefit from the encouragement of having people around you. In any case, as Gyms get busier again, access to the equipment becomes more difficult; therefore, home Gym workouts could be

better than the Gym. The main reasons for this are that you can work out to your program with no wait for equipment, and you can buy equipment specifically for your style workout. You can also drop into your home Gym on a whim or as part of your structured training plan. If you are a busy person trying to optimize your time, being able to drop in and work out ad hoc can be critical to the success of your fitness and well-being.

### **What is the easiest way to get fit at Home?**

The easiest way to get fitter at Home is to do bodyweight exercises, including sit ups, press ups, mountain climbers, star jumps, planks and squats. If, however, you wish to take your exercise plan a step further, consider purchasing additional free weights, perhaps a workout mat, and raise your game with a weight bench.

### **Can you get big from a Home Gym?**

Yes, you can get big in a home gym. Many of the serious strongmen workout from Home. Examples include Britain's strongest man, **Adam Bishop**, and the **Stoltman brothers**, Tom and Luke. Other examples include **Donna Moore**, three times World's Strongest Woman, who trains from her garage gym/lockup near her Home. The limiting factor will be choosing the right equipment and having enough space for all that weight.

### **Adam Bishop**

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media; gyroscope; picture-in-picture; web-share"
allowfullscreen></iframe>
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### **So, how can Home fitness change your life?**

Well, as mentioned, it can help by giving you easy, frequent access to workouts when it suits you. Home fitness is ideal for ensuring some exercise is completed regularly; this can be more beneficial than 1 or 2 sessions a week; however, there is no significant difference in benefit to general health. That said, regular exercise is better for joints, tendons, connective tissues and muscle tone.

Fitness can change your life by increasing your potential lifespan. It can improve your mobility so you can get around better for longer. It can stave off chronic disease, and it can reduce your chances of catching flu or a cold. It is known to help turn back the clock on certain conditions, and it provides a lower stress level in your life, linked to cardiovascular disease.

According to Harpers Bazaar – In their article **Why Working Out Just Twice A Week Could Save Your Life.**

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*“You don’t need to exercise every day to reap health benefits, with reference to a new study published this month in [**JAMA Internal Medicine**]. Researchers at the University of Sydney found that those who workout just twice a week—they call them weekend warriors—had a lower chance of dying from cancer, cardiovascular disease, or any other cause than those who were sedentary.”*

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## **Make the choice**

Only you can choose to improve your fitness. We have explained the benefits and what to consider for your home fitness. If you decide to prioritize health and fitness, then home gyms are a great choice. Whatever you decide, it is clear that even a small change in your activity levels can significantly benefit your health and well-being. The sooner you start, the

better for your long-term health. Good luck with your health mission, and thank you for reading.