

Staying Fit - Home Users Playbook

By Simran Khosla
Fitness Nutrition Specialist
Founder and CEO (Butt Like An Apricot)



**BUTT LIKE™
AN APRICOT**

Importance of workout in our life

- Increases energy levels
- Improves brain function
- Increases your concentration
- Reduces stress
- Improve quality of life
- Improves your health
- Increases your life expectancy
- Enhances your immune system
- Improves muscle strength



How does sitting for longer period of time affects our health?

- "Sitting" is regarded as the new "smoking"
- Studies have shown - sitting for **more than 8 hours** in a day without physical activity leads to **similar risk as posed by smoking**
- Sitting for prolonged hours can increase the risk of cardiovascular diseases
- Leads to back pain, poor posture and other spinal cord related injury
- It weakens the legs and glute muscles
- Increases the risk of **anxiety and depression**

**SITTING IS
ACTUALLY
KILLING YOU!**



How to manage health at your home?

- Managing your health is in your own hands
- Avoid keeping processed and junk snacks at home and instead switch to healthy options
- Try and make time for at least 20 min of exercise daily
- Don't sit for prolonged hours. Take a break every 1 hour and move around the house for 5 mins
- Keep yourself hydrated
- Follow regulated sleep pattern



Different types of workout you can do at home

No equipment full body workout

HIIT

Circuit Training

Yoga



**BUTT LIKE™
AN APRICOT**

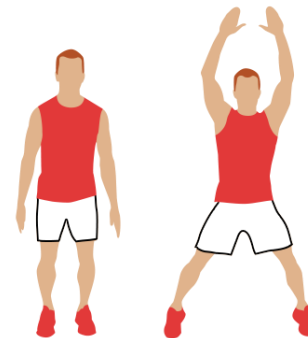
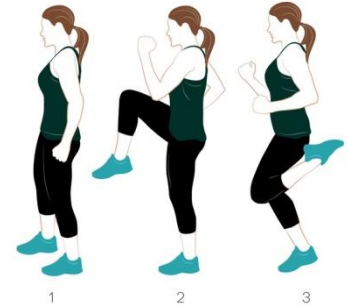
1. No equipment full body workout

- Using your own body weight
- Can be done anytime anywhere
- Is not complicated
- Very challenging workout
- Helps to gain core strength
- It is as effective as going to the gym



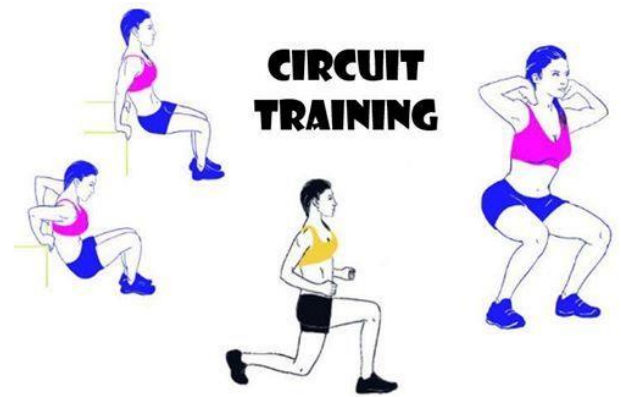
2. HIIT

- High Intensity Interval Training
- Involve short periods of intense exercise alternated with recovery periods
- Burns a lot of calories in short time
- Your metabolic rate is higher for hours after exercise
- Helps to lose fat and gain muscle



3. Circuit training

- Is a form of body conditioning or resistance training using high-intensity aerobics
- Targets strength building and muscular endurance
- Various ways of constructing a circuit, but they would normally contain several movements including body weight, weighted and dynamic exercises.
- Sends your metabolism soaring



4. Yoga

- Yoga focuses on body's natural tendency toward health and self healing
- Helps to build strength, awareness and harmony
- Helps to regulate our breathing
- Builds flexibility
- Has a ton of mental benefits like relieving stress, gives clarity, calmness, boosts confidence, etc



Thank You

For queries:

Email: info@buttlikeanapricot.com

Or

DM us on



@buttlikeanapricot

Phone: +91 9810085752