Aimee Duffy Md I Easy At-Home Workout Using Items You Already Have Transcript

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Getting Back on Track

Well, the kids are back in school, so Well, the kids are back in school, so it's a good time to start talking about it's a good time to start talking about getting you back on track. We've got Dr.

getting you back on track. We've got Dr. Amy Duffy here says, "You don't need the Amy Duffy here says, "You don't need the gym, you don't need the Peloton, you gym, you don't need the Peloton, you don't even have to to change your don't even have to to change your clothes. We have it in our house." clothes. We have it in our house." >> You have everything you need right in >> You have everything you need right in your house.

your house. >> Yeah. >> Yeah. >> Yeah. >> And really, it's just 10 minutes a day. >> And really, it's just 10 minutes a day. It used to be, you know, go to the gym It used to be, you know, go to the gym 45 minutes 3 to 4 days a week. And 45 minutes 3 to 4 days a week.

Exercise Snacks and Consistency

And actually, what we're finding is what's actually, what we're finding is what's most effective is the exercise snacks most effective is the exercise snacks that you can do all throughout the day.

that you can do all throughout the day. >> Consistency. Anything you do is >> Consistency. Anything you do is important. So, um the best exercise, you important. So, um the best exercise, you know, is whatever is going to work for know, is whatever is going to work for you that you're going to stick with.

you that you're going to stick with. >> Exactly. >> Exactly. >> Exactly. >> Um you know, that's big part of that is >> Um you know, that's big part of that is mental, isn't it?

mental, isn't it? >> Mental and you know, cuz I think some >> Mental and you know, cuz I think some people might get started, but then they people might get started, but then they get tired of it or it's too hard or get tired of it or it's too hard or whatever the case is. But what we know whatever the case is. But what we know is that what you're going to do the most is that what you're going to do the most consistently is what's going to get you consistently is what's going to get you the best results.

the best results.

Squats and Chair Exercises

>> Yeah. And you know, >> Yeah. And you know, so you've got five moves and you talk so you've got five moves and you talk about, you know, things that we can do about, you know, things that we can do around our house in that 10-minute around our house in that 10-minute window. Uh one move that you're always window. Uh one move that you're always going to recommend, the squat. And you going to recommend, the squat. And you might, you know, we all have a chair might, you know, we all have a chair like this.

like this. >> Yeah. Everybody has a chair of some sort >> Yeah. Everybody has a chair of some sort in your house. in your house. >> Mhm. >> Mhm. >> Mhm.

>> And what are we doing every day? We're >> And what are we doing every day? We're getting up and down chairs, in and out getting up and down chairs, in and out of the car. So, you know, we want to be of the car. So, you know, we want to be able to keep those muscles going. We able to keep those muscles going. We don't want to have to say I can't do don't want to have to say I can't do that anymore. Have to get something. And that anymore. Have to get something. And the goal is not to use your hands. So, the goal is not to use your hands. So, if you want to start using the chair to if you want to start using the chair to start out with, then you're just going start out with,

then you're just going to sit and then you get back up again.

to sit and then you get back up again. And you could do that 10 times several And you could do that 10 times several times a day, especially if you're times a day, especially if you're sitting at your desk or something like sitting at your desk or something like that.

that. that. >> And you're and you're thinking about all >> And you're and you're thinking about all the muscles in your core throughout. the muscles in your core throughout.

>> belly, too. So, you want to squeeze your >> belly, too. So, you want to squeeze your belly both as you come in and come out. belly both as you come in and come out.

And then a little little glutes glute And then a little little glutes glute squeeze as you stand up as well. squeeze as you stand up as well. >> Very good.

>> Very good. >> You want to make it a little harder? >> You want to make it a little harder? Just take a step up and just do the Just take a step up and just do the squat. Same exact move, just don't sit squat. Same exact move, just don't sit down on the chair.

down on the chair.

Push-Ups and Upper Body Strength

>> Okay. Excellent. And you know, >> Okay. Excellent. And you know, throughout the day, whatever you can do. throughout the day, whatever you can do. Maybe you're standing around waiting for Maybe you're standing around waiting for something to load at your desk. Whatever something to load at your desk. Whatever it is, you could just start doing this.

it is, you could just start doing this. >> some half squats. Yep. >> some half squats. Yep. >> Easy enough there. And then this >> Easy enough there. And then this movement, you know, uh go against the movement, you know, uh go against the kitchen counter. We don't have the the kitchen counter. We don't have the the strongest one here, but when you're strongest one here, but when you're leaning, you're cleaning, you're leaning, you're cleaning, you're cooking, you're waiting for anything.

cooking, you're waiting for anything. >> So, a little bit higher. I'm going to >> So, a little bit higher. I'm going to hold this just so it doesn't slip on hold this just so it doesn't slip on you.

you. you. Um, you know, just in a push-up Um, you know, just in a push-up position, you're just going to get flat position, you're just going to get flat as much as you can and then just, you as much as you can and then just, you know, whatever you can do to move up and know, whatever you can do to move up and down. This one comes down a little bit down. This one comes down a little bit lower. You can do it against a wall if lower. You can do it against a wall if you want to a little bit easier if you want to a little bit easier if you're not quite there yet. You know, if you're not quite there yet. You know, if you're if you're up against a wall, you you're if you're up against a wall, you can just do push-ups like this.

can just do push-ups like this. >> Lower impact version. And then soon >> Lower impact version. And then soon you'll be doing them against this chair you'll be doing them against this chair because you're just slowly down and because you're just slowly down and flat.

flat. flat. >> the floor, right? So, you know, by a by >> the floor, right? So, you know, by a by maybe a month out or 6 weeks out, you maybe a month out or 6 weeks out, you can be doing a push-up on the floor.

can be doing a push-up on the floor. >> And are you thinking about the back of >> And are you thinking about the back of your arms? What are you your chest?

your arms? What are you your chest? >> we want to be able to pick something up. >> we want to be able to pick something up.

Functional Strength and Everyday Carrying

We we want to be able to, We we want to be able to, you know, if you're up in your closet you know, if you're up in your closet and you're trying to get something down and you're trying to get something down off a shelf, we want to be able to have off a shelf, we want to be able to have the strength in your in your shoulders the strength in your in your shoulders to move things around.

to move things around. >> And you talk about that because you lose >> And you talk about that because you lose mobility when you don't challenge your mobility when you don't challenge your muscles. Even though it's not a weekly muscles. Even though it's not a weekly thing that you're supposed to be doing thing that you're supposed to be doing every day.

every day. >> isn't necessarily, you know, I need to >> isn't necessarily, you know, I need to have big chests or big arms. It's about have big chests or big arms. It's about functionality. Like, what can I do, you functionality. Like, what can I do, you know, and make sure that I can keep know, and make sure that I can keep lifting the things that I need to lift lifting the things that I need to lift or move my body and getting down off the or move my body and getting down off the floor, you know, or getting getting down floor, you know, or getting getting down on the floor and then pushing yourself on the floor and then pushing yourself back up is back up is vital.

vital. vital. >> Well, and then you, you know, we always >> Well, and then you, you know, we always joke sometimes that I want to take all joke sometimes that I want to take all the groceries in in one load. You say, the groceries in in one load. You say, "Do that." I mean, "Do that." I mean, get get [laughter] the weight of the get get [laughter] the weight of the groceries and embrace that weight. Don't groceries and embrace that weight. Don't don't just drag it along.

don't just drag it along. >> You don't want to be like, you know, I'm >> You don't want to be like, you know, I'm going to do this and carry all my stuff, going to do this and carry all my stuff, right? Like, really again, focus on your right? Like, really again, focus on your core, stand up really straight, keep core, stand up really straight, keep your head in motion, and then like your head in motion, and then like really hold those core and just, you really hold those core and just, you know, carry those groceries. And if you know, carry those groceries. And if you put put put two two two >> Yeah.

>> Yeah. >> Yeah. >> instead of one, >> instead of one, grip strength is also really important. grip strength is also really important. So, grip strength is actually a measure So, grip strength is actually a measure of our longevity. This is a study that's of our longevity.

Grip Strength and Household Movement

This is a study that's showing like the stronger you can grip, showing like the stronger you can grip, the longer you live. So, not only is the longer you live. So, not only is this about carrying the groceries and this about carrying the groceries and holding your core and your arms and holding your core and your arms and everything, but everything, but you know, that's one of the things that you know, that's one of the things that gets weak is I can't hold on to gets weak is I can't hold on to something anymore. I can't open a jar. I something anymore. I can't open a jar. I can't carry the groceries cuz I can't can't carry the groceries cuz I can't hold on to them.

hold on to them. >> Well, and you don't think so much about >> Well, and you don't think so much about your hands. You're worried about all the your hands. You're worried about all the all the big muscles, but yeah, you're all the big muscles, but yeah, you're you're using your you're using your >> Make sure you can grip it.

>> Make sure you can grip it. >> So, walk with your groceries, you know, >> So, walk with your groceries, you know, it's okay and your heart rate gets up a it's okay and your heart rate gets up a little bit and this isn't much of a little bit and this isn't much of a thing, but it's enough to wake your body thing, but it's enough to wake your body up

to to keep those movements going.

up to to keep those movements going. >> And you know, we've got gallon jugs in >> And you know, we've got gallon jugs in there, so even if you're not getting there, so even if you're not getting groceries that day, you know, go get groceries that day, you know, go get something heavy and do the same thing something heavy and do the same thing around your house. Just carry something around your house. Just carry something around and, you know, really make sure around and, you know, really make sure you're not slouching over and you're you're not slouching over and you're holding that core. That's going to keep holding that core. That's going to keep everything stable, your back stable so everything stable, your back stable so you're not hurting your back.

you're not hurting your back. >> And then we think about our backs. We've >> And then we think about our backs. We've got backpacks, bags that we carry got backpacks, bags that we carry throughout the day. And [laughter] what throughout the day. And [laughter] what do we need to do?

do we need to do? >> Going back to school. So, there's >> Going back to school. So, there's several things. I've got a gallon jug several things. I've got a gallon jug with me.

with me. I got my laptop, I got my water bottle I got my laptop, I got my water bottle in here, so this is heavy, right? So, in here, so this is heavy, right? So, you can literally do the squat holding you can literally do the squat holding it. So, whether you put it on your it. So, whether you put it on your backpack or you want to kind of hug it, backpack or you want to kind of hug it, you can do your squat, so that makes you can do your squat, so that makes your squat a little bit more your squat a little bit more >> Yeah, adds just enough to it.

>> Yeah, adds just enough to it.

Back-to-School Fitness Tips

>> You can put it down on the ground and >> You can put it down on the ground and instead of, you know, using your back or instead of, you know, using your back or whatever is really pay attention to whatever is really pay attention to either a a pull up like this either a a pull up like this >> Mhm.

>> Mhm. >> Mhm. >> or standing up >> or standing up with it with it this way. So, again, we're using core, this way. So, again, we're using core, we're getting our our glute muscles in we're getting our our glute muscles in there.

there. there. So, this is an exercise called a So, this is an exercise called a deadlift that you would do in the gym, deadlift that you would do in the gym, but you're doing it here. Then you can but you're doing it here. Then you can do each arm, you know, a little do each arm, you know, a little a little pull up like that with each a little pull up like that with each arm, too.

arm, too. >> And just taking advantage, you know, >> And just taking advantage, you know, you're you're out and about, you're you're you're out and about, you're intentionally using your muscles and it intentionally using your muscles and it all adds up because you're you're all adds up because you're you're keeping yourself in some sort of keeping yourself in some sort of routine. Again, 10 minutes, do that, routine. Again, 10 minutes, do that, march briskly and pace if you're waiting march briskly and pace if you're waiting in between in between >> If you've got some stairs, up and down >> If you've got some stairs, up and down the stairs, anything that can kind of the stairs, anything that can kind of get your heart rate up. You know, put get your heart rate up. You know, put your arms up in the air, even do this if your arms up in the air, even do this if you want to make it a little bit more you want to make it a little bit more difficult. So, difficult. So, >> No such thing as being too busy or too >> No such thing as being too busy or too out of shape to get started, right?

out of shape to get started, right? >> Yep. >> Yep. >> Yep. >> You're motivated, you know, that's all >> You're motivated, you know, that's all you need and and it's all around your you need and and it's all around your house. Thank you so much to Dr. Amy house. Thank you so much to Dr. Amy Duffy, we appreciate it and people can Duffy, we appreciate it and people can find you and your practice online and find you and your practice online and learn more.

learn more. >> Yep.