

### 1. Step Aerobics

Step aerobics is another great choice, particularly for people who like choreographed workouts, but don't enjoy the jackhammer feel of high impact aerobics. The step offers intensity without the pounding and it's easy to up the energy by adding risers.

It's also a great calorie-burner, targeting your legs, butt and hips while burning 300-400 calories in 30 minutes (during high intensity sessions). Though it might look complicated, step is easy to learn if you start with a beginner class or video.

### 2. Jump Rope (Using a Weighted Rope)

Jumping rope is another calorie-scorcher and, as an added bonus, a jump rope packs easily in your suitcase, making it an excellent travel exercise. A 145-lb person can burn a whopping 310 calories with a 30-minute workout, but you'll want to slowly work your way up to that.

Start by jumping for 1-2 minutes at a time, taking breaks by marching in place and swinging your rope in a figure eight motion. Continue alternating for 10-20 minutes and, over time, gradually increase the amount of time you jump while decreasing your rests. You can add variety by trying different foot patterns (jumping on one foot, scissor jumps, etc.).

### 3. Swimming

Swimming is another great choice because, it's a full body exercise. The more body parts you involve in your workout, the more calories you'll burn. Spend 30 minutes doing the breaststroke and you'll burn almost 400 calories. Best of all, your joints are fully supported so you don't have to worry about high-impact injuries. It's also great cross-training for other cardio activities.

### 4. Walking

Walking is another great choice for cardio because, like running, it's accessible: You don't need special equipment and you can do it anywhere, anytime. It's harder to get your heart rate up with walking since it's low impact but, if you work hard at it, a 145-lb person can burn about 170 calories in 30 minutes.

Adding hills, speedwalking or using walking poles can also increase the intensity. Make sure you walk briskly--pretend you're trying to catch a bus--and keep your head up, back straight and swing your arms.

### 5. Wacky Jacks (Jumping Jacks)

Wacky Jacks is a fun choice! It's not the same old routine as jumping jacks. You do these for 30 minutes you will burn 407 Calories! You're also getting rid of those "love handles"! Come on now you can do this so let's get started!

#### 6. Running In Place

Running in place doesn't take up A lot of room! This exercise can be done anywhere. You have an hour lunch break, you can do this in your office space. If it's too cold or rainy outside and you can't go for a run then do these! Keep you knee's high and in 30 minutes you could burn up to 320 calories!

#### 7. Swing Kicks

These are easy to do! All you need is a small chair, stool, and etc. You put the chair in front of you, start with your left leg, and swing it over. Once your foot hits the floor just repeat with your right leg. Turn on some music and lets' get going! 30 minutes of this you could burn up to 225 calories!

#### 8. Tires

Now this one you'll have to use a bit of imagination! Clear a spot (ex. Front room), make sure you have your shoes on, and start jumping these tires! Set a number (ex. 8 tires) jump side to side as wide as you can. Going all the way front to your last tire, you can turn around to come back or just jump backwards. This fun exercise of 30 minutes is 400 calories!

**Always remember to not push yourself too far. Do what you are comfortable with. Wear good shoes to support you and your knees! Cardio is great for you, try and do this 3x's a week up to 30 min! Enjoy seeing the new you soon!!**

**AMWL**