

A close-up portrait of a man with short, light brown hair, looking directly at the camera with a neutral expression. He is wearing a dark-colored shirt. The background is dark and out of focus.

## FIT FACTOR

BY KEN HUNT

### GET HOT AT HOME

#### NO TIME FOR THE GYM? DO SWEAT IT!

Many people don't get enough exercise simply because they can't find the time to hit the gym—like Steel Gym, which I own. But even if you can't escape your busy life, you can still keep fit. Here are some basic tips:

First, prepare a routine that combines cardiovascular workouts (aerobics), resistance training (weights) and flexibility (stretching). With the right combo of exercises, you'll achieve your fitness goals and avoid injuries. Even 20–30 minutes of exercise a day can make you feel better. Be sure to properly hydrate while working out; just watch out for too much sugar in sports drinks! And a jump rope and exercise ball are both must-haves.

**Cardio:** Running, fast walking, cycling, swimming and jumping rope are all cardio workouts. And yes, taking the stairs counts. Be sure to do some cardio work three times a week for at least 30 minutes. Why not get off the subway a stop early and walk the rest of the way?

**Resistance Training:** Use your own body weight as resistance! Push-ups, pull-ups, crunches, sit-ups, squats and lunges can be done anywhere for free. Even weightlifting can be done at home. Be creative and use things around the house like a bucket filled with sand—or giant soup cans! And why not try a variation on the push-up by taking two medium size balls in your hands and pushing up from the floor, forcing you to improve your balance and make your muscles work harder.

**Flexibility:** Lunges, toe touches and squats are a great way to increase your flexibility and make you more fit, as well as helping you to prevent injuries. Take a towel and roll it up, then put it around your foot as you slowly raise your leg. This will help you stretch your hamstrings as well as your arms, shoulders and back. Do not stretch to the point of pain or serious discomfort; flexibility takes time.

But whatever exercises you choose, make sure to pick an activity that you enjoy. This should be fun!

*Steel Gym, 146 W 23rd St, 212-352-9876, [steelgym.com](http://steelgym.com).*