

# EXERCISES YOU CAN DO ANYWHERE

Not everyone has the time to go to the gym or the extra money to afford a personal trainer. Also, many people in recovery are often new to exercise altogether, and are unsure about where to begin.

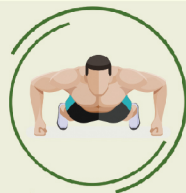
Below is a list of beginner **exercises** that you can do just about **anywhere**. Pick a few off the list below, and try to do them daily; after a week, you will begin to experience physical, emotional and mental improvements.



**Running**



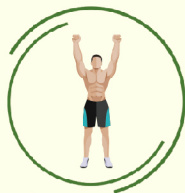
**Yoga**



**Push-Ups**



**Walking**



**Jumping  
Jacks**



**Squats**



**Lunges**



**Chair Dips**



**Crunches**



**Dancing**



**Chin-Ups**



**Yard Work**