Hadley

Working Out at Home Sample

Working on your health and fitness always makes sense – but sometimes, going to the gym doesn’t. Luckily, there’s plenty you can do to build your strength and stay in shape at home – so working out doesn’t have to mean going out.

Here are some tips for getting active in the comfort of your own home – and making sure your space and equipment are set up for safety, convenience, and easy access.

Before we get started, it’s important to know that some eye conditions can be affected by heavy lifting, straining, or rapid movement -- but plenty of different activities and options are available. Talking about any new exercise plans with your eye doctor can help you decide what works best for you.

One great advantage of working out at home is that you can set up an exercise area how you like it, or you can just start moving. And whether you’re creating a home gym or doing some lunges in the living room, a few tips can help you get going – safely.

For any type of exercise, make sure there’s no furniture, cords, or other obstacles in your way. That includes any tripping hazards and anything you might step on or bump into. Check out our workshop on making your home low-vision friendly for ideas on arranging furniture and other items in the room.

(Narrator): Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your email address, name, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course, if you'd prefer to talk through these questions, we are just a phone call away at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus it connects you to the Hadley community and helps sustain our funding to keep Hadley free-of-charge. And last but not least, it gives you direct access to the Hadley team. So now is your chance to sign up and join us.