

Vista

➤ **Giselle
Blondet**
A NEW BEGINNING

be
brave

shed old
fears, embrace
your dreams

**¡buen
día!**

desayunos
exquisitos
& nutritivos

la
salud
es
bella

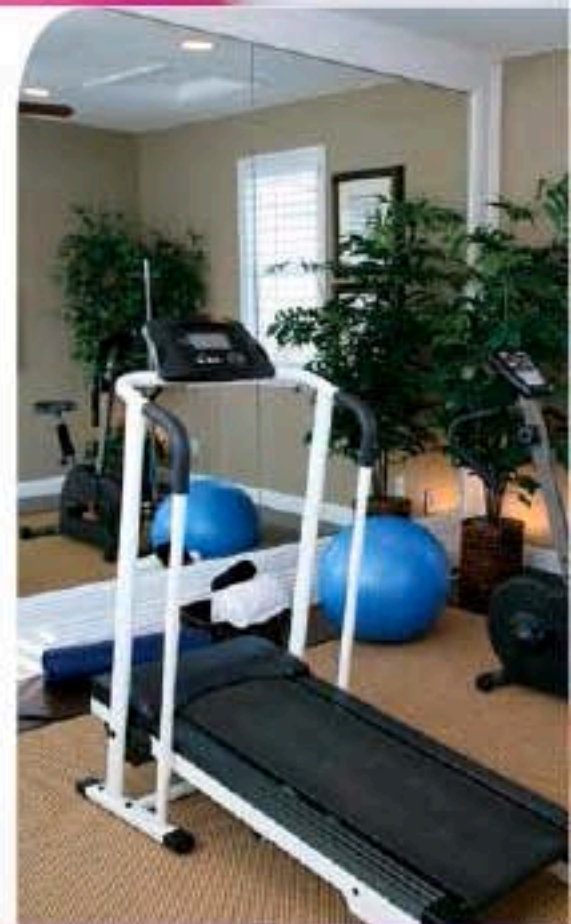
**bombshell
beauty**

logra ese
cuerpazo
ejercicios esenciales

make room for a healthier lifestyle

The beginning of a new year is a time to set goals. It's a clean slate to work on our list of resolutions. For most of us, living a healthier lifestyle is included in our top five. The challenge is finding the time to include fitness in our daily routine when going to the gym is not always convenient. The solution is making room for workouts in your home. Here are tips to help you succeed.

garages are not just for cars and storage. You can also convert a small section into a home gym. This is the perfect space to keep bulkier equipment that doesn't fold away. (Elliptical exercise machines are a good investment because you work out various muscle groups at a time.) From a design perspective, lay foam tile squares to make the floor more comfortable. Paint an accent wall in your favorite color to define the workout area, and hang a floor mirror to make sure you are doing the sets correctly. A small bookcase can be used as a media base to hold a flat screen TV, and the shelves are a good place to store dumbbells, water bottles and hand towels. Maximize your wall space by using peg boards with hooks to hang items and keep you organized.





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a beautiful storage trunk placed at the foot of the bed keeps items organized.

bedrooms can serve as a great space for working out when you make it a part of your morning routine. Treadmills that conveniently fold and roll away for easy storage can be hidden behind a decorative floor screen. This is also a great space to hide medicine balls, yoga mats and step workout equipment. A beautiful storage trunk placed at the foot of the bed keeps items, such as gloves, push up bars, ankle weights, even towels and gym clothes, organized and yet provides easy access when you need them.

tip: Many fitness experts agree that your own body weight is your best asset when exercising. So you can do without expensive equipment. If you can't make it to the gym, at least dedicating an area inside your home for burning calories, toning and staying in shape will help you reach your fitness goals.



living rooms can also be transformed into workout central. This multi-functional space already tends to be a hub of family activity, so it makes sense to multi-task here. You can keep a close eye on your children as they play in one corner, while the TV becomes your own personal trainer by way of fitness DVDs. Invest in a coffee table with wheels that can be easily moved out of the way so you have a bigger area to exercise. Decorative storage cubes are perfect to hide your weights, resistance bands and smaller equipment. And, of course, you can use the area rug as your mat when doing pushups and working out those abs.