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A Narrative Inquiry on Learners of Home-Based Exercise

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Abstract. Exercises performed at home are called Home-based Exercises. The suspension of classes exposed the learners to home-based exercises. The goal of this study is to explore the ideas and insights of learners on Home-based Exercise. The study utilized Basic Qualitative Research, specifically, Narrative Inquiry to gather the stories of learners. In a semi-structured interview, seven conversation partners participated. The seven conversation partners were chosen using inclusion criteria. The rigorous data analysis and data explication using Creswell's six-step data explication elicited four central themes: (1) The Obstacle: Hindrances in Performing Home-based Exercise, (2) The Push: A way to overcome the Hindrances, (3) The Goal: An Exercise Plan, and (4) The Drive: A motivation to keep going. The findings of this study provided a picture of how learners have coped with the challenges posed by exercising at home. This study carries meaningful data as a reference for future innovation in Home-based Exercise.

Keywords. *Education, Home-based Exercise, qualitative design, narrative inquiry, Philippines*

1. Introduction

Physical fitness comes from the efforts to be more physically active [28]. The benefit of Physical Fitness is holistic. It extends from improving immune functions to improving motor skills. Different studies have shown how physical fitness improves immunity [10]. The importance of building immunity through physical fitness has been more emphasized since the pandemic [43].

In the Philippines, 93.4% of school-going Filipinos lack physical activity [63]. Consequently, the pandemic even decreased that number [6]. According to a recent study, the

decrease in Physical Activity in the Philippines is due to the following: Lack of Time, Social Influence, Lack of Energy, Lack of Willpower, Fear of Injury, Lack of Skill, and Lack of Resources [56].

One effective way to improve the health components like muscle strength, muscle endurance, and skill-related fitness is home-based exercise [7]. There has been evidence that home-based exercise program is useful, especially for older adults who live at home [19]. For some who don't enjoy the outdoors or group exercise, the home-based program has been reported to benefit certain individuals [8]. Moreover, it has also increased daily ambulatory activities [27]. Home-based exercise was also effective for short-term benefits for people with heart failure is one [34].

In addition, home-based exercises have long been used as an aid for different health impairments. For example, Home-based exercise was effectively used to treat persons with disability [30]. Home-Based Exercises were used to improve the condition of patients' arterial, heart, pulmonary and other diseases [49]. In rehabilitation, Home-based Exercise has had a significant effect on patients' condition [27]. For a very long time, Home-based Exercise has been helpful for patients. Home-based exercise improved patients' condition and well-being.

This narrative inquiry explored the ideas, insights, and experiences of learners in one of the public tertiary educations in Negros Occidental. This study involved college learners who fit the criteria and who are willing to participate. Thus, it could not represent the whole population of learners in college.

The impetus of this study was to gather meaningful data on the student's ideas and insights on home-based exercise. This research was conducted with the thought of gathering relevant details on learners' experiences and practices with Home-based Exercise. Most studies related to home-based exercise are Quantitative Research. The limited Qualitative research literature on home-based exercise by students is one of the reasons that pushed this study.

The findings of this study can be a steppingstone in innovating Home-based Exercise. Innovation in Home-based exercise is necessary to improve the quality of exercise. An organized Home-based Exercise Plan or gamifying Home-based exercise may lead the learners to spend more time being physically active.

2. Methodology

This study utilized the Qualitative Research Design. The use of the Narrative Inquiry Approach was appropriate for exploring the insights, ideas, and experiences of learners with home-based exercises. This study was conducted in a public State College, non-sectarian, non-profit institution. It has 8 College Departments with 28 undergraduate programs in total. Using inclusion criteria, seven (7) College students were qualified and involved in the study. Thus, Purposive sampling was utilized. This study utilized the Activity Checklist for Close Reading of Interview Protocol by Milagros Castillo-Montoya as the tool to validate the interview questions. Thus, trustworthiness was established ensuring the credibility and rigor of the research findings.

3. Themes and Discussion

Theme No.1: The Obstacle: Hindrances in Performing Exercise. The Conversation Partners of this study encountered the expected hindrances. They have experienced; Chore-related Hindrances, Exercise-related Hindrances, Individual-related Hindrances, and School-related Hindrances.

College students are vulnerable to difficulties in performing exercises [17]. They have faced not only challenges from school but also from home [67]. Chores as simple as they can impede an individual from pursuing exercise. An undisrupted exercise is important [16]. When an exercise is interrupted, it will have some adverse effects [37].

Committing to home-based exercise can be burdensome [3]. Thus, the right attitude toward exercise is important [60]. One may easily tired [39] but that should not stop them from getting the full potential of committing to home-based exercise. In exercising, one may aim to take the extra mile [66]. Taking home-based exercise up a notch and using simple equipment can improve the results of exercise [2]. However, if equipment is unavailable, improvising is an option [9]. Being buried in schoolwork's and other things resulting in a lack of time to exercise must not be the only reason an individual cannot exercise [29]. They were losing time to exercise leads to various implications [52].

Admittedly the participants were novices and new to home-based exercise. Understandably, they struggle to perform home-based exercises [31]. The lack of guidance [45] and proper knowledge [51] hampered the participants. The lack of guidance may have some serious consequences [61]. Proper knowledge is important because it helps them stay safe when performing home-based exercises [36]. Lack of guidance and proper knowledge has some implications. Therefore, individuals must equip themselves before performing home-based exercise [12].

Chore-related Hindrances. This gives an idea of how the participants need help to engage in exercise at home. At home, they are not free from the chores and duties expected to be done by them. From the participants' stories, future innovation in exercise can try to handle this kind of hindrance. It is crucial that exercising doesn't get distracted to keep the momentum of the exercise. The participant verbalized:

"My experience during home-based exercises it was quiet fun but quiet tiring because I was doing not just home-based exercises but I'm also doing household chores, responsibilities in my house..." CP 1

"Doing home course (chores), activities in school since it is ahh no face-to-face classes the I do." CP2

"For example, we have responsibilities at home, for example, you will do something like cooking and your mother will tell you what to do and it will be distracting." CP 3

"The barriers... cellphone and self-attachment and household chores that barriers of the many mental stress within the house." CP 4

"Then the chore at home. Since this is only home-based miss if I am at home miss, if I perform any exercise, it gets interrupted." CP 6

Exercise-related Hindrance. As beginners in exercising, the participants could not escape the difficulty attached to performing an exercise. A novice at performing exercises, the participant expressed that they need someone to guide them in performing exercises. The participants also doubted themselves because they thought they needed to complete the exercises correctly. There have been times when an exercise needs better space, and none is available. Despite the difficulty that they experienced, the students were admirable, for they did their best to continue to perform the Home-based exercise. In the participants' words, they expressed:

"For example, my weight. Before, I was fat, then when I performed basic plank I have a hard time to raise my body because of my weight." CP 6

"I have some pets on our home, then there is no space to perform. So it is very distracting when they are going inside of my house and when I put a mat on the floor, then they are going to... They think that I want to play with them, then they distract me in doing some exercises." CP 3

"I can do exercise because this... because that in disadvantage is that without the consent or without the proper guidance of other people or the expert in doing exercises because we do exercise but we don't know the concept of exercise." CP 1

"So, honestly speaking at first I find it difficult since no one guide me. Specially during pandemic ahh no one or no teacher guide me. Doing push-ups, curl-ups, those activities seem so difficult to do." CP 2

"At first, even though I do stretching before I start exercising, my body feels like it feels many unpleasant pain in our body. But after that I feel okay." CP 6

"And another thing is that we have the space on our house because our house is not that big and I don't have a private room for doing my exercise." CP 3

"My challenges while doing home base exercise or for example, wrong executions of exercises and that's all, miss." CP 7

Individual-related Hindrance. The participants have shared how they sometimes feel tired, lazy, or sleepy, and this hinders them from performing the planned exercises. Individual preference also matters, whether they engage in green exercise, other physical activity, or not in any physical activity at all. The participants would rather stay on their social media than get started in performing the exercises. Nonetheless, if the participants can decide to slack, it is also their choice to pursue. The participants shared:

"However, sometimes I feel lazy miss because of also the weather there are times that I feel really tired to work because of the weather." CP 5

"Cause I really do get tired doing those stuff. So yeah it can somehow make my body feel more tired than as it used to be." CP 1

"Because I I am a person that ah don't like to do the physical exercises. But it depends on my mood. If I am happy and if I'm not tired all day I can do exercises." CP 1

"Then that's it miss, the conflict of time." CP 6

"As a student of physical education students uhhm first thing is honestly I'm not into dance. I'm not into doing Physical Activities in school I prefer to do the academic activities." CP 2

"More on just like I'm. I just want to sleep. I just want to rest, nothing else." CP 1

"And then the second point is that you get to be at home and when you're at home, you will get lazy and you tend to procrastinate much than it is very distracting." CP 3

"So during weekends or school days I am busy doing my school works, school activities and sometimes we go to church so I have time." CP 2

"I prefer lying in my bed miss using my cellphone and gadgets and more often I spend more time engaging on cell phone watching videos than (ano) than physical exercises engagement." CP 4

School-related Hindrance. The participants have been challenged to manage their numerous schoolwork's. Home-based exercise was part of the requirement they had to comply with for Physical Education. The participants stated that one thing that has hindered them from performing Home-based exercises is their modules and schoolwork's from other subjects. The participants have been conflicted about which school activity they are going to prioritize. Consequently, home-based exercise became less of a priority. The Conversation Partners uttered:

"My experience during home-based exercises it was quiet fun but quiet tiring because I was doing not just home-based exercises but...answering my modules." CP 1

"Well, as a student so we have ahh many activities." CP 2

"Because the home-based exercise was like a requirement only miss. That is why miss I perform it less often because like we also have tasks from other subjects so it's like that miss." CP 5

“...if I perform any exercise it gets interrupted because I have many obligations at school.”
CP 6

Theme No.2: The Push: A Way to Overcome the Hindrances. When faced with obstacles, one can always leap over them and follow through. One way to leap over the obstacles is having company [15]. Having friends can help with performing home-based exercises. It may positively impact the experience with home-based exercise [50].

Perseverance is a guaranteed leap that can help an individual carry on [64]. Even with hindrances, the participants continued and discovered ways to perform the home-based exercises. Setting aside distractions has been one of their acts of perseverance [46]. They have set their minds toward their goal, and it helped them [57]. A positive view of exercise will have a significant effect on their performance [21].

The participants were challenged by the absence of some resources that they needed to perform home-based exercises [1]. But the absence of something did not stop them from improvising and rising from the challenge brought about by performing home-based exercises [65]. Undeniably the home-based exercise was simply a requirement that compelled the participants to perform home-based exercises. Being forced to perform home-based exercises may have positive and negative indications [42].

The irony with technology is this has hindered the participants. On the other hand, it also aided the conversation partners with their problems [13]. The use of technology only matters according to how it is used [4]. It can impact the quality and performance of exercise [20].

Distributing and allotting enough time for diverse daily activities is a good means to balance school and life duties [47]. Learn how much time is acceptable to exercise [11]. Give time to exercise, and a rewarding feeling will soon follow [5].

Be involved with others. Getting help from others may also lessen the burden of performing home-based exercises alone. The feeling of happiness was present when one participant performed Zumba with his cousins and sister. Hence, exercising together can stir up the desire to commit to home-based exercise. The participants shared:

“Every morning if I am doing Zumba. My sister and my cousins, joins me. I feel motivated, miss. I feel happy. It is like those bonding that I have with me and our cousin.” CP 6

“And you don't have to be independent in doing home based exercises because there are a lot of people that really are grateful and want to help you in achieving your physical and mental health, well- being.” CP 3

“I am also encouraged with my friends to do the Zumba dance as well ahh during free time.
“CP 2

Be Resourceful. In a sense, the participants were resourceful, for they would discover solutions to their problems. The participants were resourceful with their time. Setting schedules and priorities allowed them to have ample time to perform home-based exercises. When the participants encounter exercises that would need equipment that they don't have, they will improvise.

The lack of guidance and lack of proper knowledge was mentioned as one of their problems. They had overcome that problem by leveraging technology. Watching instructional videos or workout videos was their means to cope with the lack of guidance and lack of proper knowledge. Wherefore, the resourcefulness of the participants can get them through the problems that they will encounter. The participants expressed that:

“First miss, I really set a schedule. After some of my scheduling...” CP 6

“It's really giving time for it miss. For example, for one hour I will work on one subject then that's it when we have class I really just work on my time. “ CP 5

"It's example is you need one thing but it not available you have something that you replace it with that is somehow you can do what you have to do. Like that... Yeah. Improvising." CP4

"My insights about home based exercise or doing exercise in your house without going to the gym and without equipment. You can also use equipment that you made it for yourself." CP 7

"But then again I find it uhhm uhhm meaningful with the use or with the with the help of the instructional videos that I watch." CP 2

"I have managed the said instruction when I perform home based exercises in a sense or through searching online and looking for exact instructions in doing such exercises." CP 3

"My guide miss is the modules and those that I have watched on YouTube That I can follow for home-based exercise." CP 5

"I correct those by asking to the professionals and watching YouTube. Workout videos, miss." CP 7

Be Earnest. The conveyed responses showed perseverance. In a situation where a participant gets distracted by pets, he would find a space where he can perform peacefully. Controlling oneself from giving in to temptation is their way of conquering difficulties and directing their mind to think positively for the good of themselves. The decision to commit and overcome the hindrances can only be made by themselves. The participants shared how they were earnest:

"Then firstly, I would do some household chores before that my plan, before my home base, before I perform my home base exercises. Then... that is one point of my filling my hindrances. Then the other thing is that I would close all the doors inside my house so that my pets will not go inside. Then another thing is that I will look for places inside my house to be able to go to the bedroom. Then no mobile devices, no anything can distract me from it." CP 3

"Sometimes I think about the good that it brings to the body miss." CP 5

"I always say to myself that I want to stay fit miss. Because now times are difficult. Because if you will get sick the bill gets expensive in the Hospital." CP 6

"Because happy thoughts of optimism and positivity really do help me a lot. So, performing exercises with positive mind can really do help your mind to be active not just your mind that just your body too." CP 1

Be Compelled to Perform. Doing exercise on their own accord may be hard. The participants were able to carry on with performing the exercise because they were compelled to do it. Being obliged to perform forced the participants to get on with the home-based exercise. Accordingly, they accomplished their home-based exercise. Somehow compelling them to perform the home-based exercise got them more engaged in physical fitness. They expressed:

"Because the home-based exercise was like a requirement only miss. That is why miss I perform it less often because like we also have tasks from other subjects so it's like that miss." CP 5

"That time... that time everyday there must be an evidence or video everyday. But when the modular ended. None" CP 4

"So that is how I have time to exercise because in our module their is a requirement to pass a video. So that time I can exercise." CP 1

"Actually, I have experienced home based exercises during the pandemic because we did a lot of exercises because of our modules, especially our modules activities that we will make a plan, fitness plan and perform it in our home." CP 3

Theme No. 3: The Goal: An Exercise Plan. Getting the right intensity of exercise helps [59]. The level of intensity in exercise may vary from low to vigorous [33]. Knowing your capacity when exercising is essential to avoid getting easily tired or injured [55]. Low intensity is well-suited for beginners [24]. Moderate is better for those who have established themselves in home-based exercise [22]. And vigorous exercise is only for those experts who can suppose

limits [23]. Achieving a progressive improvement makes home-based exercise more effective [48].

Setting the time to exercise is necessary [18]. Performing the exercise at the perfect time of the day [35]. The convenience of performing aids in making it more motivating. Allotting time to exercise is important [38]. There is a prescribed length of time that one must spend to perform a home-based exercise [26].

Routines in exercise are a must. An individual who wishes to exercise must know how to manage their time [58]. Following a Routine helps with the convenience and effectiveness of a workout. The exercise routine will also keep the individual safe [32].

Frequency of Exercise. In an exercise plan, the frequency determines the number of days in a week the exercise will be performed. Performing exercise every day can be possible, according to one of the participants. For others taking a rest day is also part important. To some of the participants performing two to four times per week is enough. Finding time and giving time to exercise is essential for everyone to stay fit and healthy. When asked, the participants replied:

"Yes, miss. Every morning." CP 6

"Uhhm I perform or we perform sometimes twice a week. " CP 2

"Three to four times a week. Because we have to rest. Take a rest." CP 3

"Everyday. Every morning." CP 4

"Just like what I said earlier, four to five days in a week every morning." CP 7

Intensity of Exercise. The difficulty or the level of effort that the participants will exert for the exercise is determined by the intensity. The range of repetitions that the participants have stated is about 5-15. Performing exercise within that number of repetitions can be considered low to moderate. Low to moderate intensity can help easily maintain one's health. When asked, the participants replied:

"Five repetitions depends on the kind of workout. There are exercise that is okay with three.

There are also those that need to be done fifteen times. It depends..." CP 4

"Sets and repetition I think... two sets of... Five. Five repetition. Yes." CP 1

"Push-up. Ok. For ahh for the push-ups 20 reps or 20 ... then also planks ahhh then sa sit-ups 20 reps or then sa pull-ups then as well 20 reps. 20." CP 2

"It depends upon the exercise. Firstly, it depends upon the intensity of the repetition. So first day, I would do five repetition on Push up, five repetition on curl ups, five repetition on jog in place, mountain climber. And the other day, I will add five more repetition. So it will be two times the repetition. Then the third day, I would add five more, and so on." CP 3

Time of Exercise. The participants' choice of time to perform is divided between afternoon and morning. The range length of time that the participants spend for Home-based exercise is between 30 minutes to one hour. The time they spend on exercise is enough to finish the exercise plan that they made for themselves. When asked, the participants replied:

"Morning is not the time for me to exercise. Afternoon. 3 o'clock to 5 o'clock. Because I am active. I am active in during afternoon time during ahh uhmm ...in the evening time ma'am. So afternoon would be my activity time." CP 1

"It depends on how many exercises I would perform. One hour to two. Yes, 30 minutes. Ahhh 10 minutes to do warm-up(s) then I have some rest time too. So, we don't need to push ourselves to the limits that we can handle naman." CP 1

"In the afternoon ma'am specifically during Saturday I have my free time." CP 2

"Uhhm ahh 1 hour or yes 1 hour. I follow the ahh guidelines ma'am or those videos." CP 2

"I tend to perform every afternoon because in the morning I will do my household chores." CP 3

"Like one to two hours." CP 3

"Every morning. Morning is better, miss." CP 4

"Maybe one hour miss because the also have a household to tend. That is why on there physical one hour can help." CP 4

"What I do miss is I set an alarm as early miss then I put it on repeat as many times to make sure I would wake up and perform. At about 7 or 8 miss." CP 5

"About 30 minutes miss. Minimum miss, but the but it doesn't exceed 1 hour about that time." CP 5

"For example, if I have a time on a specific day, miss, the set me the time. For example, five to six AM, I can do Zumba for five songs." CP 6

"Morning, miss. Because if I will perform in the morning, my body, I like to sweat in the morning miss." CP 7

Type of Exercise. There are different kinds or types of exercise that the participants have performed. The most common type of exercise that they perform is Bodyweight Exercise. Dancing also became the participants' mode of exercise. The participants also shared that they performed or preferred other exercises to compensate for the physical activity that they needed. When asked, the participants replied:

"So our teacher assigned us to perform burpees, lunges, side lunges, sit-ups, curl-ups, push-ups, and other home-based exercises, and I do also Zumba and pilates, yoga, and other stuffs. Hehe" CP 1

"So, ahh I and with my friends I do ahh curl-ups, sit-ups. So (laughs) you find enjoyment. Squats. At home? I am also encouraged with my friends to do the Zumba dance as well ahh during free time. And we do recreational activities. Playing volleyball outside." CP 2

"So, I have time specially ahh during dawn so outside we do jogging, running, walking, with my friends." CP 2

"I do prefer home based exercises, but I like green exercises when you can perform outside with the nature." CP 3

"The lunges, pull-ups and the common is the jumping jacks. It is always there. Stretching, jumping jacks, lounges ahh maybe ano (inaudible). Yes mga common exercise." CP 4

"Like push-ups the easy ones like push-ups, the curl-ups, the jumping jacks the easiest miss." CP 5

"I did Zumba, miss. Then I did also basic plank." CP 6

"The exercises that I do, that I really know the benefits are the body weight exercises, for example, lunges, push-ups, sit ups, planks, and carrying different kinds of carrying of dumbbells." CP 7

Exercise Routine. The participants follow a pattern when doing home-based exercises. Their routine generally involves Warm-up, Cool-down, and Rest time. They must follow the proper routine. A warm-up should come first to prepare the body for the activity that it will be performing. When the exercise is done, the cool-down should follow. The cool-down is necessary to return the body to its normal state. Resting will also help the participant recover from the activities. When asked the participants replied:

"So, first I do some basic stretching then, yeah I do exercise na." CP 1

"Ok. In doing those activities. First we have to do the warm-up so uhhm after that we have also time to take a rest then do the activities then after that ahh in we have the cool-down exercise." CP 2

"As I prepare miss I really do warm-up and cool-down that it miss. I give them time miss." CP 5

Theme No. 4: The Drive: A Motivation to Pursue Home-based Exercise. Getting the ultimate reward after hard work and determination feels fulfilling. Home-based exercise offers several benefits that can motivate some to start home-based exercises [44]. Home-based exercise was seen as something accessible [62]. The accessibility of home-based exercise can make it more appealing to those who want to start exercising at home performing an exercise without the need for professional equipment [53]. It reduces the struggle of performing the exercise [40].

Convenience can be the advantage of home-based exercise. One can perform exercise without going to the gym [25]. When at home, there are a few options to choose from. Privacy in performing the exercises is emphasized [41]. The independence one can also attain by performing home-based exercise is desirable [54]. If it is unnecessary to go to the gym and buy gym equipment, then home-based exercise is inexpensive. Thus, anyone who yearns to start exercising may start by engaging in home-based exercise [14].

HBE is for Everyone. Home-based exercise, according to the participants, is accessible, convenient, inexpensive, and can be recommended. Home-based exercise offers accessibility and convenience since it doesn't consume much time, it can be performed by anybody, it doesn't use equipment, and it can be performed on one's own time. In addition, it is inexpensive. No need to pay for equipment and gym membership fees, the participants stated. Characterized as accessible, convenient, inexpensive, and recommended, wherefore Home-based Exercise is for everyone. The participants expressed the following:

"We don't have ano. We don't have hindrances in using equipment(s) because home-base exercises for me doesn't need it to use equipment(s) in order for us to exercise but yes it is somehow hard and it is somehow easy because some of the exercises is not that hard and is not that easy." CP 1

"Ok. For those students not only for physical educators but to all student. It would recommend to with them to do that exercise because it can really uhhm raise our quality of life as well as uhhm to have or to achieve as active lifestyle." CP 2

"So I find home based exercises very exciting and very accessible and not expensive because I can access or I can plan my own time and doing some exercises at home. Then it is very accessible, of course, because it is only in our home and it is not expensive. I will not go to the gym or outside to pay some expenses in the school bus or tricycle. It is very accessible and accommodating." CP 3

"It is... convenient sa time... everytime you can perform, in a place, walking. You don't have to spend, it is cheap you don't need a large cost for home-base exercises." CP 4

"Because it has great benefits and then it's easy because it can be performed by anybody miss, kids, adults can really perform that miss. Because it also has many benefits for the body miss. That is why I can really share it." CP 5

"My first impression is it is very cost-effective since I don't have to go... I can't consume much time it's just at home. Then... It's easier for me because I can relax my body after exercising." CP 6

"My impression about home based exercise is the most convenient and most convenient way to stay physically active and doing your exercise in your house without going to the gym. It makes it convenient because you don't have to go to the gym, you don't have to pay, and you don't need specialized equipment to do your exercises. Those are the things that makes home based exercise convenient. Home based exercise is being able to do physical activities and workouts without needing specialized equipment." CP 7

Home-based exercise is an exercise one can enjoy independently. The participants have performed home-based exercises independently. Despite the participants performing it alone, they have seen it as something fun. They liked the idea that they were given the freedom to create their exercise plan. The key feature of home-based exercise is privacy. Having the freedom to perform whatever exercise in the comfort of one's home. They shared that:

"Overall, I would recommend home-based exercises 'cause it's really helpful and it's really uhhm depends on you on how you decide your exercises. You do your exercise without ahh without people. It's because no one watches you. Or there is no one that or it depends on you on how you will handle it or depends on you on how you manage your time." CP 1

"But then again those ahh experiences helps me to realize that I have my own capability to do the activities independently." CP 2

"So home-based exercises can be really helpful if you are an introvert person and don't want to socialize with other people or don't want to go outside, then it can be really helpful." CP 3

"My experience doing home-based exercise was great and fun because I was able to enjoy my privacy while working out." CP 7

Home-Based Exercise Offers Long-Term Positive Health Benefits. Performing home-based exercises has various benefits, like it improves overall well-being, cardiovascular, stamina, and muscles. Developing an individual's holistic health can be done through home-based exercise. Thus, home-based exercise, like many other exercises, has significant implications for one's health. They conveyed:

"I maintain my physical, mental, social, and emotional health as well as my spiritual health." CP 1

"...before I'm not active in those so during pandemic... somehow I realize that we need to do that for our ahh to have a physically fit body and healthy lifestyle." CP 2

"Yes. Physical. Doing physical activities or exercise can improve our over-all well-being. Personal health. So, for me uhmm having a good feature. Having a good looks is or it really have an impact(s) to me so in order to be physically fit and healthy I do that exercise and as well as that boast (boost) and improve my mood as well as the over-all well being. Not only physical fitness but as well as wellness in physical, emotional, intellect, social, and spiritual aspects." CP 2

"Then I did perform those home based exercises.Well, it encouraged me in performing home based exercises, especially because it is healthy and it can help our mental, physical, emotional, and spiritual well-being. Then it can improve my physical appearance and physical fitness."CP 3

"It can benefit better those that are at home maybe because they also want to have physical still. physical fitness engagement still then they have children that they can't leave because they are at home, they have to tend to them that is why it's like they exercise." CP 4

"Like it's really on small amounts but the process will really give you something even if you may not immediately see the results miss like on your body but...It can help with your sleep miss, your body it will be physically you really will be..."CP 5

"To improve my body and maintain my health. It improves a lot to your body, like your cardiovascular, your stamina, and your muscles."CP 7

4. Conclusion

In conclusion, home-based exercise is favourable for beginners and those who want to start exercising. It has been stated that home-based exercises can also improve sleep and mood and contribute to one's holistic health. Home-based exercise is made up of simple exercises that everyone can enjoy at home.

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