



Low-cost Workouts

Being physically active doesn't mean spending lots of money on a gym membership or exercise equipment. In fact, spending money on exercise doesn't guarantee you'll stick with it. To increase your calorie burn without burning a hole in your wallet, try these low-cost workout options:

Free

- **Take it outdoors** – Anything you can do on a treadmill, you can do outside! Walk around your neighborhood, the local high school track, or park.
- **Find a staircase** – Walking up and down steps firms and tightens every muscle below the waist.
- **Hop to it** – do jumping jacks. No equipment or special skill is necessary.
- **Check it out** – check out workout videos from your local library – your taxes have already paid for them.

\$25 or Less

- **An exercise mat** – Investing in a comfortable mat can help you do a wider variety of stretches, yoga poses, and abdominal exercises.
- **Aerobics videos** – You can work out at home with big savings. You can wear whatever you want and work out whenever it fits into your schedule.
- **Resistance bands** – These bands allow you to pull your muscles into better shape, using different types of exercises. They are lightweight, and are easy to carry around anywhere you go.

\$50 or Less

- **Walking shoes** – If your feet are comfortable, you'll be more likely to enjoy being physically active. Make sure you try on different shoes before you buy. Your feet should roll comfortably from heel to toe as you walk.
- **Adjustable dumbbells** – One adjustable set is less expensive than buying several individuals hand weights, and it takes up less room to store when not in use.
- **Enroll in workout classes** – most junior colleges and university extension programs offer fitness classes during the year. Hospitals and city recreation departments also offer fitness classes that are designed to improve the general health of their community.

Other Ways to Save

- **Buy used** – look for fitness equipment for sale in the classified ads, garage sales, and at secondhand recreation stores. This is a great way to find bikes, treadmills, hand weights that are usually expensive to buy in stores.
- **Go online** – many websites offer fitness routines and suggestions for exercising at your fitness level. Some of those websites are www.ivillage.com, www.self.com and www.onhealth.com.
- Keeping yourself healthy is one of the most important financial investments you can make. Find a workout that works for you!