



A Healthy Lifestyle on a Budget

One of the main excuses people use as to why they don't exercise is due to the cost. Some people believe that to live a healthy, active lifestyle you need to spend a lot of money. This is not the case. These are a few simple ways you can start living a healthy lifestyle on a budget

1. **Start a personal garden:** The price of fresh fruits and vegetables are constantly rising and because fresh produce is a must-have in your diet, you fork over the cash anyway. A great way to reduce the cost in this area is to simply start your own garden. Not only will a personal garden drastically reduce the price of fresh produce, but gardening is a great hobby to keep you active.

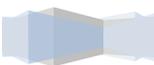
2. **Look for coupons:** Not everyone is into extreme couponing, however by simply skimming the weekly flyer for coupons and sales on items like yogurt, fruit and fish, you have the opportunity to save some big cash at the registers.

3. **Buy used exercise equipment:** State-of-the-art exercise equipment that you see at your local gym can be extremely costly. By taking the time and looking around for used exercise equipment you can end up saving hundreds even thousands of dollars! Look at local garage sales, or second hand stores.

4. **Use the great outdoors:** Walking/running, bike riding or jumping rope outside is COMPLETELY FREE! Running in sand or uphill can turn into a great workout that you could never get at a gym.

5. **Look for variety in gyms:** If you do decide to go with a monthly membership at the gym, make sure they offer a variety of activities. A swimming pool, group fitness classes, or personal trainers are just a few examples. The variety will allow you to change up your workout and get the most for your money.

6. **Utilize household objects:** Who says that the only way to get a good workout is at the gym? Instead of paying for costly monthly gym memberships, utilize your own home and household objects. Use your stairs for cardio or fill empty milk jugs with water, and use them as weights. As your strength increases, simply add water for more weight.



For more ideas for budgeting a healthy lifestyle, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

