

Exercise on a Dime

Split costs with a workout buddy. Trade exercise videos and equipment, or share the cost of a personal trainer.

Buy used. Classified ads, garage sales, online auctions, and stores specializing in used exercise equipment have good deals

Make your own weights. Fill empty water, milk or detergent bottles with water or sand, then secure the top with duct tape to create an inexpensive set of adjustable weights

Use the library. Try out different types of exercise videos and books for free. If you find one you really like you can buy it.

Use your own body as resistance. Do crunches, push-ups, squats, step-ups, etc.

If you choose to purchase new equipment, consider these low-cost, high-return options

- **Dumbbells.** Use these handheld weights to strengthen your upper body. They come in a variety of sizes and weights
- **Jump rope.** This classic offers a great cardiovascular workout for just a few dollars
- **Resistance bands.** These portable, lightweight bands come in varying degrees of resistance and can be used for strengthening upper and lower body
- **Fitness ball.** Fitness balls can help with balance, flexibility, and strength.

Always talk with your doc before starting an exercise program

Frugal Fitness Routine

| Goal | Time (Min.) | Activity |
|-------------------|-------------|---|
| Warm up | 5-10 | Brisk Walk |
| Aerobic Exercise | 30 | <i>Choose one:</i> Bike, jump rope, hike |
| Cool down | 5-10 | Slow walk |
| Flexibility | 10-15 | Yoga/Pilates or stretching |
| Strength Training | 10-20 | <i>Choose one:</i> lift dumbbells, do body weight exercises, crunches on the fitness ball |