

# Exercise on a Budget

Sometimes cost can be a barrier to being more physically active. There are lots of activities that involve little or no cost.



- Walking is free.
- Churches and community centers often have free events.
- Build strength using household items for weights (canned foods, small bottles of water, etc.).
- Simple stretches can improve flexibility and range of motion.
- Find a local trail.
- Buy a bicycle from a second-hand shop or at a yard sale.
- Try a new sport that doesn't require expensive equipment.
- Look at Senior Centers, the YMCA, and local recreational centers for free or reduced cost activities.
- Physical activities that you build into your daily routine like taking the stairs or parking farther away and walking are free!

