

# Exercise on a Budget

Lesson Plan for Instructor

## Materials:

Dry erase board or flip chart and appropriate markers  
Paper for participants to write on and pens/pencils

## Handouts:

Benefits of Regular Physical Activity

## Suggested Format for Discussion:

- Write “Exercise on a Budget” on the board or flip chart.
- Ask participants for suggestions/ideas on low cost or no cost ways to exercise and write them on the board.
- Pass out the *MOVE!* handout, “Exercise on a Budget.”
- Discuss the *MOVE!* handout, “Exercise on a Budget”, and solicit input from the group.
- Ask each participant to name one low cost or no cost way they exercise or intend to exercise.

