

Physical Activity on a Budget

Sometimes cost can be a barrier to being more physically active. Many activities involve little or no cost.

- Walking is free.
- Churches and community centers often have free events.
- You can build strength using household items for weights (canned foods, small bottles of water), or by using your body's own weight (lift parts of your body, like your legs).
- Simple stretches can improve flexibility and range of motion. Do stretches at home or in your office chair while at work.
- Local trails are great places to walk, roll, or ride a bike.
- A second-hand shop or yard sale is a good place to buy a bicycle.
- There are lots of sports that don't require expensive equipment. Try one.
- Many Senior Centers and local recreation centers are free or offer reduced rates based on your income. Check for special rates for Veterans.
- Physical activities that you build into your daily routine are free. Take the stairs and park as far out as you can to get more steps. Stop paying others to exercise. Mow your own lawn and wash your own car.

