

## Exercise without sweating the cost

**I**nvesting in your health is always a good idea. But sometimes it can seem like you need a lot of money to get started on an exercise program. While ads may try to convince you that you need fancy equipment, trendy exercise clothing or a pricey gym membership to get your heart pumping, it is not true. Getting in good physical shape is not expensive and is often free.



Photo above by Kali9, below by Mapodile, courtesy iStockphoto

### Quick facts on low-cost exercise:

**1** Experts recommend getting somewhere between 150 and 300 minutes of exercise each week. If you spread that out evenly, that's around 30 minutes of exercise a day, which can include walking and yard work.



**2** Walking or jogging is free, and parks are a great place to start. Parks are also kid-friendly, so you can bring your family along with you.

**3** A lot of gyms, clubs and studios offer free or inexpensive trials. It's not a long-term plan for fitness, but it can be an effective way to find out what works for you. Take a spin class one day and kickboxing another.

**4** Working out at home is free. There are also plenty of exercise programs on YouTube and other websites that are free or inexpensive.

**5** If you're starting a new exercise routine online, it's a good idea to take a class or two in real-life first. That way you can learn the basics and reduce chances you'll injure yourself while exercising alone at home.



>> For more exercise ideas and guidelines, visit [www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)