



EXERCISE

On a Budget



TAKE ADVANTAGE OF FREE OUTDOOR ACTIVITIES SUCH AS HIKING, RUNNING OR CYCLING



LOOK FOR GYM DEALS AND SPECIAL PROMOTIONS



FIND ONLINE EXERCISE CLASSES, MANY OF WHICH ARE FREE ON YOUTUBE



INVEST IN INEXPENSIVE FITNESS EQUIPMENT SUCH AS RESISTANCE BANDS OR DUMBBELLS



PARTNER UP WITH A WORKOUT BUDDY TO KEEP EACH OTHER MOTIVATED AND ACCOUNTABLE.