

Be Physically Active without Spending a Dime

You don't need to spend a fortune to be physically active. In fact, you can be active in many ways without spending any money. Here are a few ideas to get you moving for free!

Close to home

- Get some exercise and socialize with friends while you walk the entire mall.
- Get your garden or yard in shape, and you'll shape up, too.
- Make your own weights from household items – plastic milk jugs filled with sand or water, bags of rice, soup cans, or bottles of water.
- Rather than driving, walk when doing errands.

In your community

- Try out free demonstration exercise classes at your local senior center or fitness center.
- Participate in community-sponsored fun runs or walks.
- Join a basketball or baseball league that plays at your community center.

In the great outdoors

- Go for a hike in a park.
- Learn about trees and plants while exploring a local arboretum.
- Help your community by participating in a stream clean-up effort.

All year round

- Borrow a bicycle and ride around the neighborhood to admire the spring flowers.
- Play an early-morning tennis match at your community courts in the summer.
- Jog through the park and breathe in the crisp fall air.
- Go sledding or cross country skiing in the winter.



Quick Tip

Be creative! The only limit to free physical activity opportunities is your imagination!

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.

