

FITNESS FUN ON A BUDGET

A QUICK GUIDE TO MAKING MOVEMENT A PART OF EACH DAY

TAKE IT OUTSIDE



In addition to being a low-cost alternative to a traditional gym, exercising outdoors boasts many health benefits. Try taking your next workout outside by exploring your own city, finding a local park, walking after dinner, or playing a recreational sport.

PLAN AN ACTIVE VACATION

Having a planned, active trip can increase accountability and help you prioritize exercise. An active vacation could include activities such as hiking, biking, kayaking, or playing games.

GO ON A SCAVENGER HUNT



Scavenger hunts can be a fun way to get yourself or your family up and moving. Create your own list or look online for fun outdoor scavenger hunt ideas. You may even try geocaching in your area for a real-world treasure hunt!

PLAN AN ACTIVE GAME NIGHT

Whether its soccer, corn hole, twister or kickball - find a game you and your friends or family can all enjoy. Better yet, challenge each other to stay mindful and keep electronics tucked away to enjoy the moment.

DANCE



Clear some space, play some music, and take a dance break! It can reenergize a work meeting, study session, lazy Sunday, or game night. Dancing can even get you up to 154 steps per minute! Remember to let each person take a turn as DJ so everyone's favorite gets played.

BE PATIENT, MONITOR PROGRESS