

10 Ways to GET FIT for FREE

1

Walk instead of ride.

Depending on your location, you may be able to walk to school, work and shops instead of driving the car or getting on a bus or train. Besides increased health benefits, you'll save money on car maintenance, parking and fuel.



2

Use household items or public structures.

Find a convenient set of stairs, track or trails to get in a good cardio workout.



3

Search for free equipment.

Start at home; you may have family members who have invested in machines, weights, mats, balls and other equipment and then abandoned them. You may also search or advertise on online sites.



4

Download a fitness plan or app.

If you need a structured schedule to stay on track or if you aren't sure what you should do when, look online or in an app store. Free tools are available for all fitness levels and goals.



5

Mix it up.

If you tend to get bored with a workout, search out free podcasts, TV shows and online videos or head to the library for videos and books. Or vary your routines daily to avoid burnout.



6

Use student facilities and programs.

If you're a college student or a high school student taking college classes from a nearby campus, check out the athletic and recreation facilities.



7

Join a sports team.

If you find it difficult to stay motivated on your own, consider joining a team. If you aren't up to tryouts for a school team, look at intramural, community and amateur leagues.



8

Become a friend of dogs.

With today's lifestyles, many pet owners would gladly allow a responsible student to walk, jog or play with their dogs on a regular basis. In fact, a lot of owners will pay students to do just that.



9

Volunteer.

Look for a volunteer opportunity that will allow you to get a good workout in on the job site. Communities often have home building and repair organizations, clean up committees and landscape crews that rely heavily on volunteers.



10

Improve your diet.

Free recipes and meal plans are widely available online to help you create a shopping list of healthful foods.

