

Exercise costing you an arm and a leg?



Plenty of low-cost alternatives are available to help you get fit

Try these low-cost ideas to get in shape:

- Start with modest investments like dumbbells, jump ropes, resistance tubing and bands, and exercise videos
- Improvise and make low-cost weights by filling milk or water bottles with water or sand or use canned goods or bags of potatoes for strength training
- Look for opportunities to buy used exercise equipment, share exercise costs with a friend or start a walking program

There are many ways to get in good shape without spending a lot of money. Your arms and legs will thank you for it, and your budget will, too.



You don't have to pump iron at the gym to be a serious exerciser.



**BlueCross BlueShield
of Illinois**

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