

# Getting fit for free

Want to get in shape without spending money? It's easier than you think. The key is focusing on simple exercises you can do anywhere, including **stretching**, **muscle fitness**, and **aerobic fitness**. So start by reaching for your toes — not your wallet!

## Stretching

- Begin by warming up your muscles for 5 to 10 minutes by walking or jogging.
- Stretch all your major groups of muscles. These include the muscles of your arms, your back, your hips, the front and back of your thighs, and your calves.
- Stretch slowly and regularly to help yourself be more flexible. Try to hold each stretch for 15 to 30 seconds.
- Do some stretches first thing in the morning. Take a "stretch break" instead of a coffee break at work.

## Muscle fitness

- Keep busy with housework and yard work. Scrub the bathtub, wash walls, till the garden, or pull weeds.
- Do basic muscle toning exercises such as push-ups, leg lifts, and other familiar exercises.
- Try weight lifting with objects found around the house such as cans of food.



“ Staying fit helps you sleep better, handle stress better, and keep your mind sharp. It’s good for your heart, lungs, bones, and joints. ”

## Aerobic fitness

- Try to do moderate activity for at least 2½ hours a week. This could be brisk walking, brisk cycling, or shooting baskets.
- You can also try vigorous activity for at least 1¼ hours a week. This means things like jogging, cycling fast, or playing a basketball game.

# Living the free active life

All of these everyday activities cost nothing, and all count as aerobic activity. If they don't work for you, try to think of something else that does.

**YOU ARE IN CHARGE**  
of your health!

Walking briskly  
to work or to  
do errands

Pushing a  
lawn mower

Vacuuming



Walking  
the dog

Playing actively  
with your children

Dancing

Sweeping  
(perhaps to  
fast-paced  
music)

Raking leaves  
or shoveling  
snow



Need more structure for your exercise but  
don't want to spend money for a class? Try  
checking out some free exercise videos online.

 **ActiveHealth**  
MANAGEMENT.

This information is general in nature. It is not meant to replace the advice or care you get from your doctor or other health care professionals. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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