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!

> **"Staying fit helps you sleep better, handle stress better and keep your mind sharp. It's good for your heart, lungs, bones and joints."**

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 pushups, leg lifts and other familiar exercises.
- Try weight lifting with objects found around the house such as cans of food.

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.

See other side for more free exercises you can do every day.

Living the **free active life**

These everyday activities don't cost anything. And all count as aerobic activity. If they don't work for you, try to think of something else that does.

You're in charge of your health!

- Walking briskly to work or to do errands
- Walking the dog
- Pushing a lawn mower
- Playing actively with your children
- Vacuuming
- Dancing
- Sweeping (perhaps to fast-paced music)
- Raking leaves or shoveling snow

Better You Better Ohio!
Ohio Bureau of Workers' Compensation

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