

Practically free ways to get fit

“Can’t afford to get fit” is one of the top excuses people give when asked why they don’t exercise. That’s about as logical as saying, “I can’t drive because I can’t afford a Mercedes.” Here are penny-wise ways to get fit from University of Alberta exercise experts:

- Walk. Most people walk 4,000 to 5,000 steps per day anyway. Aim to add more steps in your daily activities.
- Use a pedometer to help keep track of your steps. You can get one for about \$10, but sometimes health fairs give them away free.
- Take the stairs every chance you get, even if it’s only one flight.
- Don’t use your children as an excuse not to exercise. Take them along for a walk or run in a stroller, wagon, or on a bike.
- Turn on your radio and dance up a storm for 20 to 30 minutes in the privacy of your own home.
- Use the lowest stair or stairs in your home and create your own step workout.
- Turn your canned goods into weights. Or pour sand or water into empty milk bottles to create weights.
- Grab a chair or the kitchen counter and do some push-ups, squats and leg lifts.
- Pair a favorite TV show with some sit-ups. Just hook your toes under the sofa. Stand up and jog during commercials.
- Got rope? Jump it for a total body workout.
- Check with your company wellness program, community league or local rec center for any exercise classes, walking clubs, or team sports you can join.
- Go for a walk or just stand by your workstation and stretch for 5 to 10 minutes every hour.

