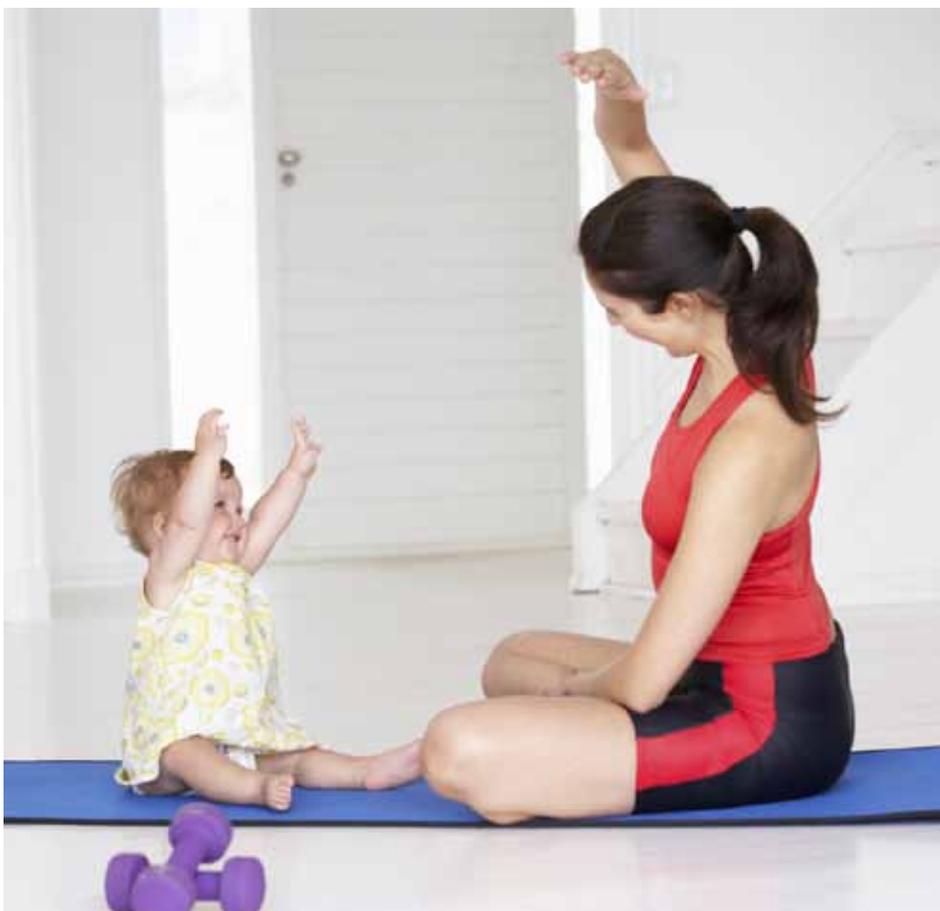


Lifestyle Tips



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Work your body, not your wallet



active enough. These common barriers are not just excuses—they are societal realities that impact the decisions we make each and every day, including the decision to be physically active. Whether it's technological advances, financial pressures or psychological factors at play, we all have a lot of competing demands on our time and energy.

One major pressure on everyone's mind these days is the economy. Some athletic pursuits are pricey, and gym memberships can be very expensive, but getting active doesn't have to break the bank. There are plenty of practical ways to overcome this common barrier and get moving on a budget.

What's old is new

We've all seen the ads for boot camps and circuit training out there these days, extolling the virtues of flipping tires, doing chin ups and running up and down hills. You don't need to pay someone to take advantage of the parks and playgrounds near you. Consider digging out a skipping rope, some old cans or weights and getting an old-fashioned heart-pumping workout in your own neighbourhood.

There are so many reasons to be active—for mental health, fitness, disease prevention and fun. Unfortunately, there is also a long list of reasons why people are not



Brought to you by ParticipACTION in collaboration with the Canadian Fitness and Lifestyle Research Institute.



Use active transportation

Active transportation, such as walking, wheeling, blading, skating or pushing a stroller, is almost free, and can be worked into your daily routine without a membership fee. In fact, if you replace a few bus trips or car trips with an active alternative each week, being active can actually help save you money.

Be a tourist in your own town

Quick, think of all the free activities you can take advantage of in your own area—from skating rinks to hiking trails, to boardwalks and even shopping malls. A brisk walk, hike or skate around any of these attractions is a great way to get active and see the sights without paying a dime.

Do some good

Instead of paying to participate in a marathon or sporting event, consider getting active while doing some good. Many charity runs won't charge a fee to enter, but will require a minimum of dollars raised for all participants. If you are willing to pound the pavement to raise funds, you can get moving while supporting a cause you care about.



Community programs

Check out the low cost of participating in programs or drop-in activities at your local YMCA, Boys and Girls Club or community centre. You might pay only a toonie for an evening of pickup volleyball or be able to access subsidized rates for other family or youth programs.

Walk for wellness

Walking is a low-impact aerobic exercise that's very easy on the pocketbook. Plus, you can work it into your lifestyle in bouts as short as 10 minutes at a time. You can walk almost anywhere and at any time – just remind yourself to keep up a brisk pace. And smile!

