



10 Ways to Get Fit for Free!

1. **Check out health and fitness books from the library.** Search the library catalog for books that have caught your eye.
2. **Take a hike.** Enjoy the season with a challenging walk in the great outdoors.
3. **Work in your garden.** Tending to your plants is not only therapeutic, it's good exercise. If you need to mow your lawn, all the better!
4. **Make your own home exercise circuit.** Pick three activities to get your heart rate up like running up and down the stairs, jumping jacks, and jogging through the house or in place. Do each activity for 2 minutes and then move to the next activity. Repeat.
5. **Search YouTube** for free exercise routines and ideas.
6. **Try out a gym with a free one-week trial.** Do you have a gym close to your house? Stop by and ask if they have any guest passes for the week. Chances are the answer will be yes. It's the perfect way to give the gym a trial run without making an investment.
7. **Ride your bike.** Whether you go solo or with your family or friends, biking is a great way to relieve stress, get outdoors and burn calories.
8. **Play Frisbee.** You'll be having so much fun, you'll forget about all the running you're doing to catch that Frisbee!
9. **Brush and exercise.** While brushing your teeth, stand on one leg as long as you can then switch legs.
10. **Drink water.** Skip soda, café lattes, alcoholic beverages, and lemonade. Choose water – you'll not only save calories, you'll save money too!

Today's Action Step: Which way are you going to try this week?

Arlene Pellicane is a speaker and author of [31 Days to a Younger You: No Surgery, No Diets, No Kidding](#). She lives in San Diego, CA with her husband James and three kids. Watch for her next book *31 Days to a Happy Husband* (summer 2012). Visit Arlene at www.ArlenePellicane.com