



# Exercise for free

Staying fit shouldn't cost a fortune. While trying each new fitness fad is tempting, not everyone has the money to invest in gym memberships or fancy equipment.

And the good news is, you don't need to! There are endless options for healthy movement that don't cost a thing.



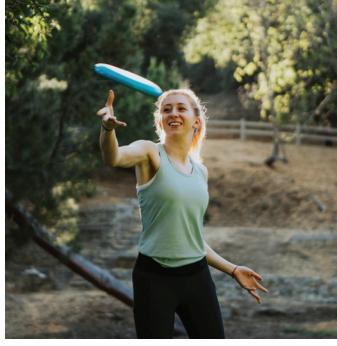
## JOIN A WALKING CLUB

Find an existing group that walks in your area, or gather friends to start a club of your own. It won't cost anything. As a bonus, you get quality time to invest in meaningful relationships, all while moving.



## FIND FREE YOGA

Many yoga studios that train new teachers offer free community classes as a chance for their trainees to practice teaching. Not only do you get to do yoga for free, but you also get to support the teachers as they learn.



## OUTDOOR GAMES

When the weather is nice, get your friends and family together for frisbee, badminton, bocce, and any other yard game you can think of. Don't sit on the sidelines; get in there and play! It's quality time combined with quality movement.



## ONLINE VIDEOS

A quick search online will reveal a wealth of free exercise videos you can try. If you don't have any equipment, no problem; just search for "free no-equipment exercise videos," and you'll find lots of options. All you need is a bit of space and yourself.



## CHECK LOCAL LIBRARY & PARKS

Many non-profit organizations offer occasional free fitness classes to get the community involved and active. You may need to sign up in advance to get a spot. Find information before you go so you arrive prepared.



## CHECK NEARBY ATHLETIC STORES

Running stores, athletic clothing stores, and sporting goods stores often have free fitness classes or exercise meet-ups. It's a great way to connect with people in your area who share common fitness goals.