

Wellness for Less

Fitness for Less

Exercise enhances the body's ability to respond to stress and your body endures stress with less damage to your health.

Exercise doesn't have to be expensive to be effective. There are many exercises that can be done without fitness equipment if you don't have access to a gym.

Cardiovascular/Aerobic Exercise:

Walking – Take a walk anytime, anywhere. Brisk walking for 30 minutes a day is a great calorie-burning exercise. (30 minutes can be broken down into three 10-minute sessions).

Jogging or Running – increase the intensity and burn more calories and improve your cardiovascular health.

Save money on treadmill/gym - go outside

Walking, jogging and running doesn't have to be restricted to a treadmill and can be done *outside*.

Money saved: Approx \$30-\$80/month

Swimming - Swimming is one of the most high calorie burning exercises there is. Most neighborhoods have a community pool that is close to where you live.

Dancing – Dancing is a fun way to burn extra calories!

Stairs - Take the stairs as often as you can.

Park your car far out in the parking lot to walk a good distance to the store.

Hike – Go for a hike at the local trails and parks.

Strength Training Exercises

Any of these exercises can be done with no weight, dumbbells or resistance bands.

- Squat



- Inner Thigh



- Outer Thigh



- Lunges



- Bent Over Row



- Push Ups



- Shoulder Press



- Tricep Dips



- Lower Back



- Bicep Curls



- Sit-Ups/Curls



For more information and exercises, visit www.acefitness.org.

Healthy Eating for Less

Hard economic times don't mean that you have to eat less well. Planning ahead, shopping the sale aisles, switching from brand to generic, can save you a significant amount of money while providing a healthy well-balanced eating plan.

Buy Fruits and Vegetables in Season – and buy by the bag vs. individually. Canned and frozen fruits can cost less than fresh and are just as nutritious because they are packaged at their peak of freshness.

Make Fruit Last Longer By Freezing It - Berries are perfect for this. Bigger fruits like apples and bananas can be chopped up and frozen. When you're ready to eat them, just let them thaw under some running water or eat them frozen. You can also buy pre-frozen fruit in bags from your grocery store's frozen foods aisle.

Plant Your Own - Plant a fresh fruit and vegetable garden is a small investment for a large amount of produce!

Bring Your Own Lunch To Work - Bringing leftovers is a great way to save time and money.

Occasionally replace meat with other less expensive protein sources like eggs and beans.

Buy Less-Prepared Protein - Season or marinate your own meat. Buy chicken with the bone and skin can cost less – just remember to remove to remove the skin before eating to reduce the amount of fat in your diet.

Buy Less Processed Grains - Stick with plain brown rice instead of boxed rice mixes.

Buy Big Containers of Oats instead of individual packets of oatmeal. Same goes for popcorn – by a jar of kernels and pop your own instead of buying individual bags.

Buy Bread, English Muffins, and Whole Wheat Tortillas when they're on sale and freeze any extras you are not going to eat before the expiration date.

Buy Day Old Bagels – many bagel shops will sell “day old” bagels for half the cost.

Buy a Filter for Your Tap Water instead of buying bottled water.

Make Your Own Coffee - Save approximately \$1500 if you cut out the daily coffee runs!

Buy Healthy Snacks in Bulk (baked chips, pretzels, whole grain crackers) and package yourself into little baggies.

Skip the fast food drive thru window, frozen dinners, and eating out too often. Prepare your own home cooked, healthy meal and save time and money in the long run.

General Tips:

- Look for generic or store brand
- Stock up on non-perishables when they go on sale (soup, granola bars)
- Avoid temptations. Spend more time in the perimeter of the store where fresh products usually are.
- Use coupons
- Cook at home instead of eating out.
- When dining out, save leftovers for lunch the next day
- Reduce portion sizes – eat less, pay less!

For more information or a 1:1 health consultation on nutrition and fitness, please contact Julie Chobdee, MPH, Wellness Program Coordinator at Julie.Chobdee@ucr.edu or x2-1488.

LIVE FIT | LIVE WELL

