

Fitness For Active Families

Recession-Proof Your Workout

(NAPSA)—Sometimes, when looking to save money, monthly gym memberships are among the first expenses to be cut. Yet the stress of financial uncertainty can take a physical toll on people and can even encourage unhealthy habits. Often, foods seen as better for the budget are not great for battling the bulge, leading to more weight gain and a decline in overall health. Here are some tips to recession-proof your workout and stay motivated when you can't get to a fitness center or sports club:

1. Find a buddy and commit to one weekly athletic activity. Exercise doesn't have to feel like work—even something as simple as riding a bicycle on Saturday mornings or playing racquetball or basketball every Tuesday night can help burn calories and improve circulation. The emotional benefits of these regular, fun activities can have a big effect, too.

2. Walk every day. When it comes to both weight management and fighting the negative effects of aging, doctors cite walking as the foundation for all other exercises—it increases your stamina and has the highest compliance rate. Some experts even say that skipping a daily walk is the equivalent of skipping a full night of sleep.

3. Track your development with simple, easy-to-use home fitness gadgets. Having a “personal trainer” in your pocket can



help keep you motivated and ensure that all your effort isn't wasted energy. For instance, Life Fitness offers a line of exercise gadgets exclusively available at CVS/pharmacy and on CVS.com. The line includes Digital Pedometers that track distance covered and calories burned on those daily walks and a Dual Watch and Heart Rate Monitor. It looks and acts like a regular sports watch but can actually track the intensity of your fun activities and workouts, ensuring you reach your target heart rate. The Digital Body Scale provides weight, body fat percentage and body mass index (BMI) measurements in an easy-to-read format to assess progress over time.

Spending time at a gym is always a good idea, but whether you are time starved or just being frugal, cutting back on membership doesn't have to mean cutting out healthy habits.