

Getting Fit on a Budget

*This free tip sheet was produced by the Cheapskates Club –
www.cheapskates.com.au*

Walk

It's free convenient and can be done anywhere, anytime. Walk the dog, with a friend, around the block at lunchtime, the kids to kinder or school. Park the car further from the office and walk.



Play in the park

You'll be spending quality time with the family and you'll be exercising by having fun! Throw a Frisbee, play football or cricket, go skating or have races. You won't even know you're exercising.

Swimming

This can be a year round exercise program. Most pools are open year round these days, with extended hours. If



You're not sure that you'll keep it up, pay as you go. If you become addicted, buy a pool pass and save. If you can't swim, walk up and down the shallow end. It's still exercise.

Try before you buy

Before you join a gym, take a trial membership to make sure you really enjoy it and will keep it up. And then look for a pay by the month membership and watch the gimmicks. "full centre access for only \$2 a day" adds up to \$730 a year—a lot of money if you only use the centres pool for an hour once or twice a week.

Clothing and equipment

Don't get carried away by all the glitzy exercise gear available. Shop around—often you can pick up end of lines, seconds and even second hand things for a fraction of the price. Shoes are another big expense, if you let them be. Why pay \$180 retail when you can get great value brand name sports shoes such as Reebok, Nike, Globe and others from their factory outlets for \$99? Or even just \$50? If you're not near a factory outlet, look at the specialist sports stores—they all have great sales. So do department stores. Harris Scarfe in Melbourne has 15—50% off regularly with great bargains to be had in the sports wear department! Stores such as Kmart and Big W are often 10—20% cheaper than specialist sports stores, too, so it pays to look around before you shop.

Ride a bike

What a great way for the whole family to get fit and have fun together! There are bike paths and tracks all over most cities these days, making it very safe. Ride to work and save on car payments, registration, insurance, petrol, repairs and tyres and save the environment too. Take a drink bottle from home and you won't have to buy a drink when you arrive at your destination either.



*The Cheapskates Club
Showing you how to save money,
time and energy and still have fun!
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