

Strategies for Healthy Living

Budget Constraints

- Consider gym memberships with lower costs (Planet Fitness is \$15/month) or joining a local rec center or YMCA
- Work out at home with weights, bodyweight exercises, or resistance bands, or exercise at the park (bodyweight exercises or equipment)
- Look for free workout programs available on platforms like YouTube, Instagram, and TikTok. Channels like FitnessBlender, Yoga With Adriene, and HASfit offer free workout routines that range from beginner to advanced levels
- Try a fitness app like MyFitnessPal or 7-Minute Workout which offer free versions that can guide you through bodyweight workouts at home
- Utilize community resources for food (food banks, nonprofits, farmer's markets), wellness programs, free exercises classes, cooking demonstrations, and nutrition counseling (community centers, local organizations, libraries, health care providers)
- Buy used kitchen equipment at a lower cost (e.g., garage sales, second-hand stores)
- Check out a local co-op
- Check to see what your insurance company might cover for food services/programs and gym memberships
- Join grocery store rewards programs, look for coupons, or use Amazon Prime at Whole Foods (for example).
- Buy food in bulk (Walmart, Costco, Sam's Club)
- Buy dry beans instead of canned
- Look for food that is close to its expiration date
- Save money on produce with Imperfect Foods, Misfits Market, or Hungry Root

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- Check out Plant-Based on a Budget
- Batch cook to minimize how often you need to cook
- Look for fruits and vegetables that are in season; these are sometimes cheaper (and tastier!)
- Check out a local farmer's market
- Buy the store brand instead of the name brand

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