



# 15 PRACTICAL TIPS FOR HEALTHY LIVING ON A BUDGET

Do you want to live healthier but you think it's too expensive? According to a recent survey finances are a major obstacle for many adults trying to shape up.

The good news is that with a few simple tricks you'll see that a healthy lifestyle doesn't have to be expensive. Plus, when you fill your body with nutrient dense whole foods you'll find you won't be as hungry as you once were.

Our paleolithic ancestors didn't need special equipment. All they needed was real food and general daily movement. Check out these smart choices below that are free or nearly free.

# AFFORDABLE WAYS TO EAT HEALTHY:

## DINE IN

Preparing meals at home can save a lot of money and give you more control over the ingredients. You're likely to use much less sugar, salt, and unhealthy fats compared to most restaurants.

## CONSUME MORE PLANTS

Load up on vegetables and check out the Dirty Dozen. Look for produce stands on the roadside or visit a farmer's market. Farmers often use organic practices without paying for the organic certification. In the end you get the good stuff for less money.

## CONVENTIONAL BEEF IS BETTER THAN NO BEEF

Meat prices have skyrocketed these past few years which is unfortunate. Beef is a complete food source filled with essential fatty acids and essential amino acids. Shop the sales, stock your freezer when you can, learn to hunt, and realize it's ok to buy conventional beef.

## GROW YOUR FOOD

Growing food is like printing money. You can use your backyard, balcony, or roof. Leafy herbs and vegetables don't require much sunlight so they'll grow almost anywhere.

## SHOP THE FREEZER AISLE

Frozen vegetables are frozen not long after they're picked. In some instances they contain more nutrition than fresh produce that's traveled halfway around the globe.

### **CUT DOWN ON WASTE**

Between 30 to 40% of the food supply goes to waste in the US. Do your part by buying only what you need and using up leftovers. A frittata, soups, and stir-fry are just a few ways you can create a new meal out of leftovers.

## **AFFORDABLE WAYS TO WORK OUT:**

### **DO BODY WEIGHT EXERCISES**

It's convenient, free, and suitable for anyone. Pull-ups, push-ups, plank, and squats can be adapted for any level of fitness. Do them in the park or your own home.

### **TAKE A WALK**

A leisurely stroll is one of the best fat burning exercises. The body needs oxygen to burn fat so keeping your heart rate low is better than speed walking.



## **PLAY OUTDOORS**

Exercising feels like less work when you're enjoying fresh air. Join your friends or family for a game of basketball or frisbee in the park. Buy an inexpensive jump rope. Look for used weights and other sports equipment at second hand stores.

## **CHECK COMMUNITY RESOURCES**

The website of your local recreation department may provide more fitness programs and facilities that cost less than commercial gyms. Try your neighborhood library and social media too.

## **ATTEND CLASSES ONLINE**

One upside to the pandemic was the surge in virtual fitness classes. Some are free, and most cost much less than studio sessions. They're also available whenever you have time in your schedule.

# **MORE FREE WAYS TO LIVE HEALTHY:**

## **SLEEP WELL**

Go to bed and wake up at a consistent time. Aim for at least 7 hours of sleep each night. Minimize blue light exposure by turning off screens and LED bulbs a couple hours before bed.



**MANAGE  
STRESS**

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Chronic tension causes inflammation and aggravates many medical conditions. Start a daily meditation practice and/or incorporate deep breathing. Spend time with your favorite people, play music, or make something with your hands.

### **ADJUST YOUR POSTURE**

Boost your circulation and maintain a healthy spine. Sit up straight when you're working on your computer or watching TV.

### **PHASE OUT THE OLD**

Old plastic containers, teflon pans, and fragrances could be impacting your health. Inexpensive Mason jars double as food storage and drinking jars. Cast iron skillets are virtually indestructible and can be used over an open fire - (Ya know, in case the world does finally go upside down.)

Save money by skipping fragranced candles, plug-ins, wax melts, dryer sheets, and other expensive perfumes. Wool dryer balls and silicone baking sheets are investments that end up saving you money.

You can enjoy the benefits of a healthy lifestyle without having to hire a private chef or a personal trainer. Develop daily habits that support your fitness goals and work within your budget.

