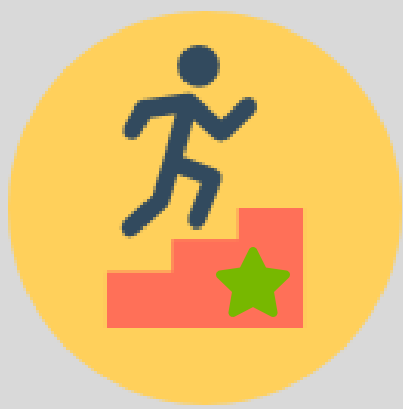


6 FREE WAYS TO EXERCISE



1. TAKE THE STAIRS

Visit a local football stadium and walk up and down the **bleachers** or just run up and down the stairs in your house. A person weighing 160 lbs. will burn 102 calories walking up and down stairs for 10 minutes.

2. USE YOUTUBE

Whether you like Zumba, Yoga, or Body Pump, it's on Youtube. Trainers from all over the world have exercise videos that are easy to **access** and fun to do anytime!



3. DOWNLOAD AN EXERCISE APP

There are so many **awesome** exercise apps that you can download from your App Store for free. 'Workout Trainer', '8fit' or 'Sworkit' are just a few examples of apps you can choose from.



4. BE CLEVER WITH WEIGHTS

You don't have to buy weights to build **muscle**. Items around your house can be used instead. A bottle of laundry detergent or even a heavy book can be used to help you build muscle. The more muscle you have, the more calories you burn.



5. RUN BABY RUN

Running is an easy and free way to exercise. The **average** person burns about 100 calories for a mile of running. Start with a small goal, like running around the block. As you get stronger run more. Remember, slow and steady wins the race.



6. FIND FREE CLASSES

Take advantage of free or low-cost exercise classes offered in your community. It is also a great way to meet new people that want to be healthy too. Search online or visit your **local** community center for more information.

