

Stay Healthy on a Budget – Q&A

Q: How can I incorporate strength training without a gym membership or expensive equipment?

A: There are a number of body weight exercises you can do like squats, lunges, planks, dips and push ups. You can also fill old gallon milk jugs with varying amounts water or sand for exercises that require weights like rows, bicep curls, tricep kickbacks, and shoulder press.

Q: What other affordable stress management techniques do you recommend?

A: I like guided imagery and progressive muscle relaxation. You can find free scripts for these online.

Q: Earlier you talked about working up to 150 min. of moderate intensity aerobic exercise or 75 min. of vigorous intensity aerobic exercise, what are some examples of each?

A: Moderate Activities (You can talk while you do them, but you can't sing.)

- Dancing, Biking on level ground, Canoeing, Gardening, Baseball, Softball, Volleyball, Brisk walking, Water aerobics

Vigorous Activities (You can only say a few words without stopping to catch your breath.)

- Biking faster than 10 miles per hour, Hiking uphill, Jumping rope, Martial arts, Race walking, Jogging, or Running, Sports with a lot of running like Basketball or Soccer, Swimming laps