



Low-Cost Alternatives to Fitness

Prioritizing Fitness in your Financial Goals:

The answer to how much you should spend or focus financially on fitness is a personal one but looking at your finances will tell you what you truly value. Is there any spending from your monthly costs that you can remove to be able to afford a gym membership or monthly fee? Are there any low-cost alternative resources that will be effective for you in meeting your exercise goals?

If you've opted against joining a gym due to the ongoing pandemic's restrictions or constraints, but still need to keep in shape on a budget, there are plenty of walking and running tips available. However, in the modern era, there are a plethora of other options that are not only inexpensive but also enjoyable.



Low-Cost Alternatives:

CBS Gym Workouts: UD employees have free access to use the [LilBob recreation center](#). The CSB will be using a reservation system for patrons to access the facilities. Reservations will open 24 hours in advance of desired time slot. To make a reservation, you will go to recreation.udel.edu and log in with CAS.

Invest in Used Equipment: One of the easiest alternatives to gym memberships is just creating your own version of a gym at home. Instead, try looking for that small set of hand weights, yoga mat, or second-hand stationary bike on Craigslist or your local buy/sell/trade pages. These small investments on the front-end can be much cheaper than "renting" fitness equipment at the gym for year after year.

Virtual Fitness Classes: Participate in Employee Health and Wellbeing's live group [virtual exercise classes](#) to work up a sweat from the comfort of your own home.

YouTube Videos and Channels: Whether you prefer yoga, Pilates, or Zumba, you can find a wide variety of workout videos on YouTube for free, allowing you to choose when and what kind of workout you want to do at any given time.

Additional Internet Platforms: Today's at-home workouts on demand available through multiple different platforms may just have you working even harder than you would by yourself at the gym. Check out various [online workouts](#) offered and find your style of workout that suits you!

Gaming Systems: Whether your family chooses Xbox One, WiiU, Nintendo Switch, or PlayStation, there are a number of games available that are not just fun but can help you stay fit. Although this isn't the



most inexpensive alternative, if you already have a gaming system in your home, you can get your money's worth by including it in your exercise routine.

On-Demand Streaming: Workouts can also be streamed on-demand, giving you access to them whenever they fit into your schedule or whenever you feel like doing them. Plus, many programs are tailored to meet particular requirements. Employee Health and Wellbeing offers [On-Demand Recordings](#) you can do at any time.

Take Advantage of Parks: As the weather starts to become nicer, take advantage of running/walking trails at parks near you.

Check out the Employee Health and Wellbeing website to see all of the various [virtual fitness resources](#) to assist you in making exercise a financial priority in your life.