

Fit on a Budget!

Session Notes

Intro:

There are numerous ways to exercise. We discussed many of these in the Fitness that Fits You session. In fact, the homework assignment was to try as many ways as possible! Did you discover any new ways to exercise that you enjoy? (Collect scavenger hunt sheets)

You have had an opportunity to experience some gyms/clubs/studios in your scavenger hunt... but what if you are on a tight budget?! Can you still afford to be fit?!

Average cost of membership in Central PA

1. Personal Training – \$45-65/hour or \$195-845/month
2. Standard Gym and/or Group Exercise Classes - \$35-60/month
3. Planet Fitness or other low cost club - \$10-20/month

The big questions are – “What do I get for my money? What do I need to succeed? What is it worth to me?”

Bodyweight Training:

- At home
- Park workout

Home Exercise DVD/YouTube/Fitness on Demand

- The good, the bad, and the UGLY. Be careful what you choose.
- Sparta!

Garage Gym

- Make your own equipment
- Invest with others

HANDS ON!!!

- Those willing and able will participate in bodyweight exercises! Take notes on page 2!

How to construct an at home workout

- General fitness/fat loss
- Intervals (fat loss, VO2 max/endurance)
- Strength/muscle gain

