

Quaker Oats Credit Union

5 Best Ways to Get Healthy on a Budget

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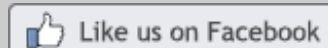
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Although running, hiking or exercising on your own doesn't cost a dime, many of us need some extra motivation, instruction and equipment to get the workouts we want. But, if you're not careful, the cost of such things can add up fast!

To help you get in shape without going broke, here are 5 ways to stay fit on a budget.



1. Kettlebell workouts

Depending on their weight, these cast-iron cannonballs with handles start at just a few bucks apiece, will last forever, and there are dozens of exercises to do with them. Also, there's no shortage of apps or YouTube videos demonstrating perfect techniques.

2. Resistance band training

Perfect for fitness fanatics on the go, and for those who don't want bulky weights taking up space in their living room, resistance bands are an excellent way to get exercise without breaking the bank. A decent set of bands will only set you back about \$50, and you can view free workouts on YouTube.

3. MyFitnessPal

Owned by Under Armour, this calorie-counting website and app acts as a food diary to help you track your diet and hit benchmarks based on your lifestyle. The [MyFitnessPal](#) software calculates caloric intake based on a database of more than 5 million foods and even suggests meals with ingredients you prefer.

4. Physique 57

Just because this high-end studio only has

locations in prestigious cities such as Dubai, Bangkok and Beverly Hills, doesn't mean you can't benefit from their world-class instructors who specialize in the Lotte Berk method. Available for a fraction of the cost of an actual Physique 57 membership, streamable, no-equipment- needed workouts can be mixed and matched to your liking. These classes aren't for the faint of heart, so bring your A-game.

5. Sworkit

If you seek to strengthen a single area of your physique, [Sworkit's](#) personalized workouts can help you achieve your goals in record time. This Android and iOS app offers free cardio, yoga, stretching and Pilates programs, none of which require any special equipment. Upgrade to a premium account to skip the ads and get more perks.

Source: www.mint.com

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