

What is the Price of Fitness?

	FREE	\$	\$\$\$
MILD	<ul style="list-style-type: none"> • Walk outdoors at a local park, school track or football field • Walk indoors at school gym • Walk a dog or to visit a neighbor • Take the stairs instead of an elevator • Park farther from a store and walk in 	<ul style="list-style-type: none"> • Purchase a jump rope, Frisbee or hula hoop 	
MODERATE	<ul style="list-style-type: none"> • Go on a bike ride around your neighborhood or on a bike trail • Swim in a local pool • 10-20 minute yoga/pilates videos online at www.hulu.com (search Gaiam) • Do jumping jacks, sit-ups, push-ups • Walk to a park, do pull-ups on a jungle gym 	<ul style="list-style-type: none"> • Apply for a Y membership (\$17/mo for ages 18 and younger) <ul style="list-style-type: none"> • swim in indoor pool • climb rock wall • use treadmill or elliptical • ask for a free personal training session 	<ul style="list-style-type: none"> • Find a studio to take a yoga, pilates or dance class • Join a local gym <ul style="list-style-type: none"> • use treadmill or elliptical
CHALLENGING	<ul style="list-style-type: none"> • Join a sports team at school • Go for a run around your block, take a friend • Utilize the free workout equipment at parks like Lake Montebello or Druid Hill Lake, walk in between sets • Run stairs at a stadium • Play a pick-up game of football or basketball with friends 	<ul style="list-style-type: none"> • Purchase a home exercise DVD • Purchase Netflix Watch Instantly www.netflix.com (\$7.99/mo) to view exercise videos online (Crunch series) • Apply for a Y membership <ul style="list-style-type: none"> • take aerobics class (free for members) • do weight training (personal trainers available and free first time) • take a Zumba class 	<ul style="list-style-type: none"> • Find a personal trainer at a gym • Join a local gym <ul style="list-style-type: none"> • take an aerobics class • do weight training • Purchase home fitness equipment (free weights, strength bands, balance or exercise ball)

Find the price that's right for you.

Resources:

Y of Central Maryland

<http://ymaryland.org/membership/membership-types-rates>

Any child under the age of 18 – membership \$17/month

Need based scholarships available

Gym Locator

<http://www.gymlocator.com/>

Find an ACE (American Council of Exercise) Certified Personal Trainer

<http://www.acefitness.org/findanacepro/default.aspx>