

Fitness on a Budget

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Budget your TIME!

- Fitness involves TIME. There are no quick fixes, pills, or magic wands that have or ever will make us fit.



The Goals of Fitness

■ Cardio Goal

- 30 minutes of moderate intensity exercise on 4-5 days/week. OR 20 minutes of vigorous intensity exercises on 2-3 days/ week.



The Goals of Fitness

■ Resistance Training Goal

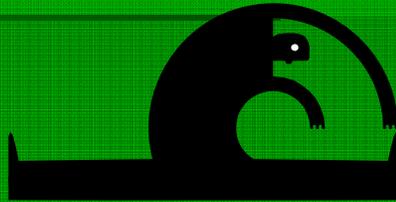
- All major muscle groups, 2-4 days/week (nonconsecutive days) at moderate intensity



The Goals of Fitness

■ Flexibility Goal

- All major muscle groups, 30 seconds, 3-4 sets, 4-7 days/week.



Cardio

- **Walk/Jog** – neighborhood, arboretum, track, mall, etc.
- **Steps**-Stadiums, office building, outside on campus
- **Bike**-outdoors, Bluegrass Cycling club (www.bqcycling.net), Wildcat Wheels/Departmental Blue Bikes (<http://www.uky.edu/HR/wellness/wildcatwheels.html#bikeshop>)
- **Sports**-Get involved with a local club sport

Cardio cont'd

- **Body Shop Fitness**-\$7/month with access to facilities and all group fitness classes.
- **BS and JC Combo**-\$20/month with access to all Body Shop facilities and classes as well as Johnson Center facility and classes.
- **LAC**-The pool is available to any employee with staff ID.

Cardio cont'd

- **Share with a friend**- purchase things to share
- **Check the Rec**- county recreation offices usually offer discounts recreational activities
- **Re-purchase**- Purchase used equipment

Resistance Training

- **Bands-free or small \$\$**
- **Body Weight- free**
- **Water bottles- free**
- **Chairs-free**
- **Milk jugs- free**
- **Small hand weights- small \$\$**
- **Swiss Ball-small \$\$**

Resistance Training Cont'd

- **Pipe-free or small \$\$**
- **Sand Bags-Make them yourself! Free**
- **Bags/packs-Find around the house. Free**
- **Books-Free phone books!!!**

Flexibility

- **TV**-stretch while you watch TV
- **Office**-take breaks to stretch
- **Shopping**-reach for the top shelf (both sides!)
- **Books**- learn to do yoga or Pilates at home
- **Videos/KET**-practice stretching with a pro

Sharing Resources

- What other ideas do YOU have?

Know what to avoid

- Herbs/supplements-Remember-NO magic pills!
- Focused machines-No spot reducing!
- Things that are electrical/vibrate
- Sauna belts/suits
- If it sounds too easy or too good to be true, it probably is!

Our website

- www.uky.edu/hr/wellness.html
- Click Body Shop
- Click Training Information (left side)
- REFERENCES
- www.mayoclinic.com

Bottle Exercises

- Bicep curls
- Tricep press
- Tricep kick-back
- Shoulder Press
- Butterfly
- Reverse Fly
- One-arm row
- Crunches
- Prone Back extension
- Forearm curls (f/e)
- Squats
- Lunges
- Balance training