



live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at Moreton & Company.

Inexpensive Ways to Get and Stay Healthy

Living a healthy life for pennies

Getting and staying healthy does not need to consume your budget each month. In fact, it won't make much of a dent if you know where to save to get the most bang for your buck!

Here are some ways to get and stay healthy without breaking the bank:

- Purchase fresh fruits and vegetables that are currently in season. You will definitely get the best tasting food for your money and the most selection to choose from. Opt for products that are the most bountiful at your local farmer's market or grocery store. Also look in your store's weekly circular to see what in-season fruits and veggies are on sale. Then, incorporate those into your weekly meal plans.
- Exercise with a buddy instead of joining a fitness club. Your buddy will make you accountable for working out, will cheerlead you on to succeed and will be with you as you make strides towards your fitness goals. If you don't have a human companion to work out with, walk or run with your dog on a regular basis.
- Look for healthy bargains in your grocery store. This may be as simple as choosing oatmeal instead of sugary, expensive cereals for breakfast; buying beans or portabella mushrooms instead of red meat; or drinking frozen orange juice instead of soda or fruit juice with sugar added.
- Do not smoke! The average pack of cigarettes is \$4.22 (and can be as much as \$10 per pack in major metropolitan cities). If you smoke a pack a day, you could be spending \$1,540 per year just on cigarettes. If you quit, you will save on the cost of cigarettes and even more in medical bills, as you will be healthier without engaging in this habit.
- Spring for a pedometer for \$15 to \$20. Then walk for 30 minutes each day of the week to accumulate 10,000 steps per day. Though you will have to invest in

the pedometer, your health will improve and you will reduce your health costs in the long run.

While purchasing something off the fast food dollar menu may seem inexpensive and enticing, the costs to you will be far greater, as grease-filled foods will give you significant health problems. That will cost you in medical bills, time away from work and valuable time with family and friends.



Did you know...?

Staying healthy in a rough economy does not need to be a strain, and exercising can truly be free! Get outside and go for a run or walk. Or, do jumping jacks, stretching and relay races with your kids. You'll improve your fitness without spending a penny!