

PHYSICAL FITNESS

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## It Costs Less to Be Healthy and Fit

BY CHRISTI MACNEE, T3 FITNESS ENERGY

**Save yourself money** by improving your health through nutrition and exercise enhancements. In addition to saving on health care costs and medical bills, by avoiding expensive packaged and grab 'n go foods loaded with fat, calories and sodium, you will see benefits in your budget and body.

Exercise and proper nutrition can help you manage stress, maintain optimism, increase energy, feel stronger, lose weight and work through emotions. In a group environment, you can network and even find others who provide that extra boost of motivation.

What are some things you can do to help you lead a healthier life and make exercise a priority? First and foremost, remember you are in control and have the power. Consider trying one or more of these tips:

- If you belong to a gym, block out three days and times on your calendar. Your workout is one of the kindest things you can do for your body—protect it, respect it, and you'll see the results.
- If you want a trainer, work with him or her a few times a month to help you stay on the exercise path. This will motivate you, keep things fresh and help keep you safe from injury.
- Share weekly personal training sessions with a friend or partner. This saves both of you money, and you will maintain the benefits of working with a trainer.
- Get outside and discover walk/run paths. Meet up with a friend after work and head up one of the amazing mountains or paths in our region.
- Join a fitness group boot camp and enjoy the camaraderie and motivation of others. You'll build cardio endurance, increase stamina, build and define muscle, maintain physical fitness, lose body fat, relieve stress, and much more.

Fitness matters more than ever in managing the quality of your life. Take charge now