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5 Budget-Friendly Health and Fitness Tips That Work for Anyone

Everyone wants to feel good about their body, but not everyone is willing to take the time needed to get there. According to The Good Body, the average American spends [about 11 hours per week](#) on health and fitness activities. However, not everyone is making the best use of their time. These [tips from Dr. T Ph.D.](#) will help you improve your health and fitness without spending a lot of money.

1. Create a Healthy Home Environment

Your home is where you spend the most time, so it is important to make it a healthy environment. [Lower your stress level](#) by cleaning and decluttering, adding plants, and adjusting the temperature and lighting. Keep your refrigerator stocked with healthy foods and filtered water. Clean all the junk food out of your pantry. Instead of buying expensive exercise equipment, use your kitchen counter or [a chair to do bodyweight exercises](#), such

as triceps dips. Create a space in your home for alone time where you can practice meditation and decompress from your day.

2. Build a Home Gym

Purchasing equipment for a home gym costs money but can save you money on the cost of gym memberships, gas, and wear and tear on your car. Additionally, you may be more likely to stick to your fitness routine [if you can do it at home](#). Shape explains that you can [save money by purchasing used equipment](#) and investing in versatile workout gear, such as free weights, that can be used for more than one type of exercise.

3. Make Exercise Part of Your Daily Routine

If you are struggling to find the time to fit in a workout, get some extra activity into your day by incorporating [exercise into your daily activities](#). For example, you can park further away from your office or walk or ride a bike to work. Take the stairs instead of the elevator. Use your lunch break to hit the gym for a few minutes or go for a walk. Take breaks throughout the day to walk around the office or do some exercises at your desk.

If you have a dog, you can make both of your bodies happier by taking them for walks every day. Every type of dog needs exercise, but be mindful that [certain dog breeds are more athletic](#) than others. For example, a labrador retriever or border collie might be happy to run alongside your bike for your daily ride, but an English bulldog or basset hound would likely be happier with a short walk around the block.

4. Start Meal Prepping

One reason many busy people's eating plans get sabotaged is that they wait until they are tired, stressed out, and hungry to figure out what they want to eat. The temptation to grab a drive-thru meal or get a pizza delivered instead of cooking can be overwhelming if you are tired and stressed out.

Avoid this problem by choosing one day per week to prepare all your meals. You can cook your meals in bulk, which will save you time, portion them out and then store them in the refrigerator or freezer for the rest of the week. Now, when you get home from work, all you have to do is [grab your already prepared meal](#), heat it, and enjoy.

Be sure to be mindful about your pet's meals, too. It's easy to go for the cheapest dog and cat food without learning if it's really the best fit for them. Talk to your veterinarian for specific recommendations, but generally a diet that is high in protein and low in carbohydrates is best, especially for less active animals. (Sounds like a familiar dieting

strategy, doesn't it?) Air dried food might be the best choice for your pet. [This is a good option to consider](#) since the drying process preserves more nutrients than freeze dried and processed canned options.

5. Work With a Personal Trainer

Many people opt to create their own fitness plans. And with the help of the internet, it's easier than ever to find resources that can help you out. However, some people prefer working directly with professionals to create a plan that's custom-made for their needs. Hiring Dr. T., the founder of GoTarryn! Health and Fitness, [as your personal trainer](#) can help you achieve those goals in a way that's perfect for your ability and lifestyle. Your trainer can also provide motivation and keep you accountable. Lastly, a trainer can help you create an eating plan, set goals, and keep your routine fresh.

Stay Focused on Your Goals

Living a healthy lifestyle can be challenging for busy people, but that doesn't mean that you should abandon your goals. No matter who you are, following the above tips can help you improve your health without breaking the bank. And when you make physical activity and healthy eating part of your daily plan, you'll learn it's not as hard as you thought to get into shape. But if you're looking for help getting started, [contact Dr. T Ph.D. for a personal fitness consultation](#).