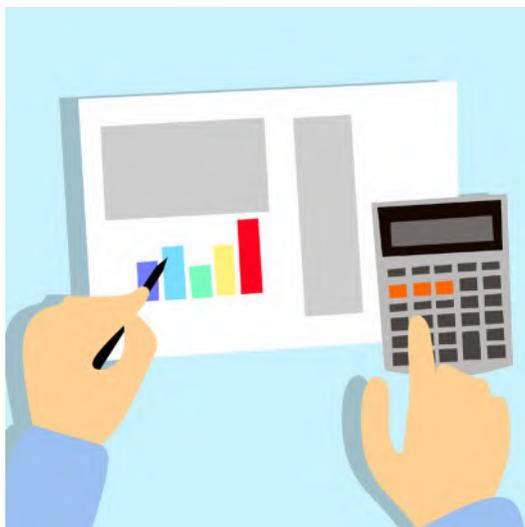




FITNESS ON A BUDGET

There are a ton of reasons and barriers we face daily that keep us from meeting our fitness goals; but cost should not be one of them. Below are ways to keep fitness friendly to your bottom dollar.



OUTDOOR ACTIVITIES:

Getting in your daily cardio doesn't have to be done at the gym on a stationary piece of equipment. Take your next cardio workout outside!! Walking, jogging, or running outside actually burns more calories and recruits more muscle groups when putting your feet to the pavement. Don't forget about other forms of outdoor exercise: biking, rowing, swimming, and rollerblading. Not only will you be getting healthy, but getting out in the sunshine will give you some extra Vitamin D!

BODY WEIGHT EXERCISES:

Strength training is crucial for everyone at every age, but this type of equipment can be an investment. When looking for budget friendly options, look no further but your own 2 hands and 2 feet. Body weight strength training can build and tone muscle while also prevent injury from over lifting. Push ups, Squats, lunges, crunches, planks are great exercises to start with. As these get easier, add explosive movements such as jump squats, jumping lunges, burpees, and plank jacks. Start with 12 reps of each exercise, 3 times each.



Need to add more weight? Grab these at home items to increase the intensity:

- Soup Cans
- Milk Jugs
- Water bottles
- Laundry detergent Jugs
- Heavy Text Books

FITNESS ONLINE:

It is true, you can do ANYTHING from your phone, even find your next workout! Streaming workout program are the latest trend in fitness classes. Some of these services charge a minimal monthly or yearly fee, while others are complete free apps. This type of program allows you to access a professional lead workout anywhere you can take your phone, helping to eliminate barriers like location, travel, and time to get away to the gym.

Look for these steaming programs:

- Beachbody on Demand
- LesMiles on Demand
- Booya Fitness On Demand
- ClassPass Live
- Peloton

HEALTHY RECIPE



CHARRED SWEET POTATOES WITH HONEY & OLIVE OIL

ingredients:

- 8 small or 4 large Japanese sweet potatoes
- 4 tablespoons olive oil, divided
- ¼ cup honey
- ¼ cup white wine vinegar
- Kosher salt
- Flaky sea salt
- Freshly cracked black pepper

instructions:

1. Prepare a grill for medium-high heat. Rub sweet potatoes with 2 Tbsp. oil and wrap tightly in foil—you can wrap them on their own or put 2 in each packet. Grill, turning every 5 minutes or so, until tender, 30–45 minutes. Unwrap and let cool slightly. (Or, steam in a basket set over a pot filled with 1" of boiling water 30–35 minutes. If not using right away, let cool, then cover and chill until ready to grill—up to 2 days.)
2. Meanwhile, bring honey, vinegar, and a big pinch of kosher salt to a boil in a small saucepan over medium-high (you can do this on the grill if you want), reduce heat, and simmer until just beginning to thicken, about 4 minutes. Keep warm.
3. Cut sweet potatoes in half lengthwise. Rub cut surfaces with 1 Tbsp. oil total; season with kosher salt. Grill, cut side down, without turning, until lightly charred, about 5 minutes. Transfer to a cutting board and brush with honey glaze.
4. Arrange sweet potatoes on a platter and drizzle with more glaze and remaining 1 Tbsp. oil. Season with sea salt and pepper.

ingredients:

- 1 tablespoon extra-virgin olive oil
- 3 links sweet or hot turkey sausage, casings removed
- 1 small onion, chopped
- 1 cup water
- 1 cup quartered grape or cherry tomatoes
- 1/2 cup quinoa
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried
- 4 medium zucchini
- 1/4 teaspoon freshly ground pepper
- 1/2 teaspoon salt
- 1/2 cup finely shredded Parmesan cheese

instructions:

1. Heat oil in a large saucepan over medium-high heat. Add sausage and onion and cook, breaking the sausage into small pieces, until no longer pink, about 5 minutes. Add quinoa and water and bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the water is absorbed and the quinoa is tender, 15 to 20 minutes. Remove from heat and stir in tomatoes and marjoram.
2. Meanwhile, cut zucchini in half lengthwise. Cut a thin slice off the bottoms so each half sits flat. Scoop out the pulp, leaving a ¼-inch shell. (Discard the pulp.) Place the zucchini in a microwave-safe dish and sprinkle with pepper and salt. Cover and microwave on High until tender-crisp, 3 to 4 minutes. Uncover.
3. Position rack in upper third of oven; preheat broiler to high.
4. Transfer zucchini to a broiler-safe pan (or pans). Fill with the quinoa mixture and sprinkle with cheese. Broil on the upper rack until the cheese is melted, about 2 minutes.



TURKEY SAUSAGE & QUINOA STUFFED ZUCCHINI