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Staying Active Outside the Gym

The gym is not for everyone. Whether you have concerns about overcrowded spaces or simply cannot get excited about going to a gym, there are plenty of ways to reach your fitness goals that do not require a membership card.

Here are some simple ways to stay active outside the gym.

Take a walk

Walking is the simplest form of physical activity that does not require any special skills or equipment. Create a simple walking routine by mapping out a 30-minute circle near your home and setting a reminder on your calendar.

Begin a movement meditation

Bundle your meditation practice with physical movement. Walking and yoga are activities that can be easily incorporated into a meditation practice. If finding time for self-care is a challenge, use your time more efficiently by bundling your daily routines.

Join an online fitness studio

Many fitness classes can be accessed online, making it possible to exercise in the comfort of your own home. Yoga, dance classes, aerobics, spinning, and many other types of activities are offered for free or for a nominal monthly fee.

Assemble a home gym

Gather some free weights and build your own home gym. Even if space is limited, small pieces of equipment can be stored easily in closets or beneath your bed.

Find a fitness partner

Ask a partner or friend to join you for outdoor workouts. Leveraging the motivation of a fitness buddy can help build accountability and consistency. If you struggle to show up for workouts, having a partner could make all the difference.



Having a gym membership is not necessary to achieve fitness results; finding what works for you is what matters most.

