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4 Healthy Habits That Won't Break the Bank

When you're trying to make healthy changes and get into a fitness routine, it's easy to end up spending money on supplements, equipment, and services that you don't really need. People who prefer to live frugally might wonder if it's possible to pick up new healthy habits without sacrificing their savings.

If you're aiming to live a healthier lifestyle, but you're worried that taking pilates classes, buying dumbbells, or cooking nutritious meals will stretch your budget thin, rest assured that making healthy choices doesn't have to burn a hole in your wallet. Here are a few smart strategies to help you live a healthier lifestyle while saving money.

Bodyweight Workouts

[Exercise](#) is necessary for optimal physical and mental health. But what if you want to save money instead of paying for a gym membership? Focus on bodyweight exercises that you can do at home and don't require any special equipment. [Prevention](#) recommends exercises like burpees, hand-release push-ups, and squat jumps to build muscle.

If you decide that you do want to purchase some fitness equipment or try working out at a gym, but you still want to save, try using a website like Groupon to find great deals on all kinds of workout gear and wellness services. You can get [Groupon coupon codes](#) to help you save on everything from gym memberships to race registrations to workout equipment. In addition, you

can try meal delivery services and holistic health practices for low prices. Using Groupon is the perfect way to upgrade your wellness routines without overspending.

Establish a Morning Routine

Want to start your day off on the right foot? It helps to establish a morning routine. If you have a lot of energy in the morning, you could go through your exercise routine shortly after getting up. But if you would rather work out later in the day, you could spend your mornings [meditating](#) and doing yoga, writing in a [journal](#), or simply having a cup of coffee and [reading](#) a book. None of these activities are expensive, and brewing coffee at home will save you a few dollars each day. You'll head off to work with a positive outlook.

Improve Your Diet

Yes, eating processed foods is more convenient if you have a busy schedule - but [whole foods](#) are a much healthier choice. By eating whole foods, you'll consume more fiber and nutrients and avoid harmful preservatives and additives. Plus, choosing whole, unprocessed foods over packaged foods is generally cheaper, and a week's worth of healthy groceries can cost less than a dinner for two at a nice restaurant! If you commit to cooking at home most nights, you'll definitely see major savings, and if you're trying to lose weight, you will effortlessly cut down on sugar, salt, and saturated fats like oil.

If you're going to eat more home-cooked meals, consider investing in a reasonably priced pressure cooker. Not only will a pressure cooker allow you to make [healthy meals](#), but you'll be able to [spend less time](#) preparing them.

Time to Unplug

Most of us are staring at [screens](#) for several hours each day. Whether you work in an office setting and spend most of your time at your computer, or you just have a habit of getting distracted by your smartphone and scrolling through social media timelines, you may want to consider reducing your screen time.

Cutting back on your screen time can even help you save money - you won't risk going over on your data, and you won't be tempted to shop online or spend on apps. [Interesting Engineering](#) suggests putting your phone away during meals and setting a timer for social media usage. Use your "unplugged" time to engage in a productive hobby instead, or make it a point to spend those free hours connecting with your loved ones in person.

If your budget has held you back from implementing healthy habits, you can start making changes with these budget-friendly tips today. It's a myth that getting fit means spending lots of money. Instead, focus on finding discounted offers for equipment, classes, and other services, and consider how small changes can add up to make a big difference in your overall health.