

## Frugal and Fit!

You don't have to spend a lot of money for fitness.

Here are some ways to shape up and save:

**Gyms and fitness clubs:** corporate/employee group discounts and refunds from health insurance are very common. Look into part-time or limited memberships.

**Personal trainers:** Some trainers provide services on a group basis, or will allow you to split the cost with a partner at a similar level of fitness.

**Public and non-profit organizations and facilities:** City recreation department or adult education programs, YMCAs, YWCAs and Jewish Community Centers are among the organizations that often have excellent fitness facilities (gyms, pools, tracks, etc.) and a wide array of classes and activities.

**Local walking or running clubs:** Clubs may be free to join, or relatively low in cost. Members often get discounts at local stores, and probably have access to training programs. Better yet, you will be part of a group that can help motivate you.

**Libraries:** Check your public library for exercise DVDs.

**Online resources:** There are workouts, self-monitoring programs and tools, support groups, training programs and much more.

**Cable TV:** Exercise TV and other television programs offer workouts you can do at home.

**Inexpensive equipment:** For a modest investment you can get a lot of physical activity from a pair of running or walking shoes, resistance bands, exercise DVDs, dumbbells, an adjustable weight bench, a stability ball, a step bench, and jump ropes. Using a high-quality pedometer (around \$35) all the time can be a great motivational tool. One expert suggests buying a mirror to check your form, for yoga, pilates or strength training.

**Used equipment:** Look for high quality equipment in good repair. Watch for sales of rental equipment such as kayaks, canoes, snowshoes and skis at the end of the season and for ski and skate swaps.

**Share equipment:** Bicycles, free weights, and exercise videos are relatively easy to share with friends and neighbors.

**Make it a community service:** coach a youth team or referee games, lead scouts on hikes or bike rides, clear and maintain trails, be part of community clean-up, or shovel snow for elders.

*from [exercise.about.com](http://exercise.about.com), [sportsmedicine.about.com](http://sportsmedicine.about.com), and [www.webmd.com](http://www.webmd.com)*

## Recipe of the Week : Rustic Plum Tart

serves 8

from Pure Dessert by Alice Medrich

1 cup all-purpose flour  
 ¾ cup sugar  
 ½ teaspoon baking powder  
 ¼ teaspoon salt  
 1 large egg, lightly whisked  
 3 Tbsp. unsalted butter, firm but not hard  
 4 to 6 juicy tart-sweet plums

- Put oven rack in the lower third of the oven and preheat to 375 degrees.
- Spray a 9.5" tart pan or a 9" to 10" round cake or pie plate with cooking spray.
- Mix flour, sugar, baking powder and salt together in a medium bowl. Add egg and butter. Cut the mixture together as if making pie dough. Mix till no dry flour is

showing. Press dough in bottom of pan.

- Cut small plums in half; cut larger plums in quarters or sixths. Remove pits. Arrange plum pieces skin side up. Leave a ½" margin of dough around the edge.
- Bake till pastry is slightly puffed and deep golden brown at the sides and slightly browned in the center, about 50-55 minutes. Check 10 minutes earlier if using a glass pie plate.
- Cool 10 minutes before removing the sides of the pan if you used a pan with removable sides.
- Serve warm or at room temperature.

### **Nutrition facts:**

Calories: 192	Total Fat: 5g	Saturated Fat: 3g
Sodium: 113 mg	Carbohydrates: 35g	
Dietary Fiber: 1g	Protein: 3g	

## Tip of the Week:

Eating a medium apple, pear, banana or an equivalent amount of cauliflower each day may reduce your risk of stroke by as much as 50%, according to a large Dutch study.

*Tara Parker-Pope, [New evidence for an apple a day, well.blogs.nytimes.com](http://Newevidenceforanappleaday.well.blogs.nytimes.com)*