

Staying Healthy on a Budget

Right now, many of us are trying to find ways to save money. More than ever, it is important for us to remember our health.

This Health Bulletin will give you simple tips on eating healthy, staying fit and dealing with stress.



Eating healthy on a budget

Fast food is not the answer to eating on a budget. Eating healthy lowers the risk of getting cancer, heart disease, diabetes

and obesity. You can still eat healthy and not spend a lot of money.

Here are some healthy and cheap tips to get you started:

- Cook and eat more meals at home instead of eating out
- Don't go grocery shopping while hungry
- Grow your own food– like vegetables and herbs
- Eat smaller portions– you'll save money and be healthier
- Try store brands
- Shop along the supermarket walls– that's where the healthy food is (fresh produce and dairy)



Inside this Health Bulletin:

Staying Healthy on a Budget

- Eating Healthy
- Exercising tips
- Dealing with stress

Quick Tips:

- Try to exercise three to five times per week for 30 to 60 minutes.
- The key to eating healthy on a budget is spending a little more time in the kitchen.
- Exercise is important for good health and keeping a healthy weight.

Along the supermarket walls you will find healthy foods that are all under \$1 per serving, such as:

- | | | | |
|-----------------|---------|--------------|------------|
| • Bananas | • Beets | • Nuts | • Potatoes |
| • Pumpkin seeds | • Oats | • Spinach | • Broccoli |
| • Milk | • Eggs | • Watermelon | • Apples |

Stay in Touch with the Health Bulletin

PDPH provides the Health Bulletin to community leaders. It can be sent out by email or print in many languages. Is there a health topic you would like to know more about? Please let us know.

For more information about the Health Bulletin, contact PDPH at HealthBulletin@phila.gov.

Staying fit

A good workout does not mean you need to join a gym. You can try other things that will save you time and money.

There are some things you might have in your house right now that could be used as weights – get creative!

Make your own weights:

- Full soup cans
- Full water bottles
- Milk or orange juice jugs
- Paint cans

The following exercise tips are completely free:

- Dancing
- Jogging in place
- Walking
- Jumping rope
- Running
- Using your staircase – free step workout
- Chair exercises – leg lifts during commercials
- Housework – end result, a great clean home and a healthier you
- Use the stairs instead of the elevator
- Play with your children



IMPORTANT REMINDER

Summer fun, block parties and BBQs– fun in the sun!

Severe heat can cause illness or even death. When it is very hot outside, try to stay inside and turn the air conditioner or fan on. Drink plenty of water and avoid alcohol, caffeine (coffee) or a lot of sugar.

If you have to go outside– wear a hat and use sunscreen lotion.

Don't forget your pets! Make sure they have plenty of water too.

Tip: If the power goes out or you do not have an air conditioner, stay on the lowest floor out of the sunshine.

Stress Management

Sometimes it can be hard to stay calm and relaxed. Sometimes it is difficult to find ways to relieve stress. But it's important to do - your health depends on it.



Common stress symptoms:

- Headache
 - Sadness
 - Trouble sleeping
 - Anger
 - Back pain
 - Chest pain
 - Stomach pain
 - Worrying
- Eating too much or not at all
 - Trouble focusing

Everyone feels stress. Getting lost while driving or missing the bus can cause stress. Stress affects your body. Don't let stress make you sick!

How can I handle stress?

- **Relax** – it is important to unwind.
- **Make time for yourself** – it is important to take care of yourself.
- **Sleep** – sleeping is a great way to help your body and mind.
- **Eat right** – get energy from fruits and vegetables.
- **Get moving** – exercise will help relieve your tense muscles and help your mood too!
- **Get a hobby** – do something you enjoy, like knitting or arts and crafts.
- **Don't deal with stress in unhealthy ways** – this includes drinking too much alcohol, using drugs, smoking or over-eating.