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Money-Saving Strategies for Head-To-Toe Health

Sometimes staying healthy can really stretch your reserves. Paying for things like gym memberships and nice meals adds up fast, not to mention the time and energy it takes to keep up with it all. Thankfully, there are some simple ways to bypass the high cost of good health. Here's what you need to know.

Stay fit for less

While exercise has obvious benefits for your waistline, there are some other [perks](#) that are more subtle, like cutting your cancer risk, reducing the risk of depression, and improving brain health. While a gym membership can be costly, NBC News notes there are [several ways](#) you can make it less expensive.

For instance, some gyms offer discounts when multiple people join together, so grab a friend and sign up! Another idea is to request a trial membership, or you might be able to get a discount by paying for a few months at a time.

Seniors can really score when it comes to gym memberships. Through some Medicare-based programs, they can join SilverSneakers for free! SilverSneakers offers senior-friendly gym memberships throughout the country, and seniors can participate at no cost so long as their insurance is part of the program.

That's especially great, because it's [especially important](#) for seniors to stay active; exercise can help ward off dementia, avoid falls, and even help seniors get a good night's sleep.

Whatever your fitness routine, you'll want to take steps to avoid injury. Make sure you [warm up properly](#), stay hydrated, don't overdo it, and stop exercising if you feel significant pain. Pay special attention to your back, and if you do suffer an injury or pain, [seek treatment](#) as soon as possible.

Economical eating

Keeping your food budget in check can be challenging in our on-the-go world. However, [convenience](#) foods and [restaurant](#) meals are not only more [expensive](#), they are less healthy. They tend to have more sodium, fat, and additives than food you prepare yourself.

Medical News Today explains that keeping your [diet](#) in check has amazing benefits beyond weight control and penny pinching as well. Good nutrition can help you avoid issues like heart disease, diabetes, and cancer. To that end, make sure you eat a wide variety of fruits, vegetables, lean meats, dairy, and whole grains.

To save money at the store, plan your meals ahead of time, do some price-conscious shopping, and buy what you can in bulk. By comparing retailers, using coupons, and looking at advertised specials, you can make your grocery funds go further.

For those looking to cut time and energy spent in the kitchen, aim for things like slow cooker meals. Inexpensive whole foods, like [short ribs](#), carrots, onions, and potatoes can just be tossed in together, and the results will be delicious and nutritious. Little is easier, more cost-effective, and more satisfying!

Taking charge of your finances

Believe it or not, but [financial stress](#) can take a severe toll on your overall well-being. Not only can it affect you mentally, but it can also wreak havoc on your [immune system](#). If money matters weight on your mind more often than not, it may be time to take a hard look at your finances and put together a budget/plan that can provide you with a sigh of relief.

In addition to finding ways to cut your budget (for example, ditching any streaming subscriptions you don't use on a regular basis, stop frequently eating out, etc.), homeowners can look into refinancing their mortgages. According to Redfin, not only can refinancing your mortgage help improve your credit score, but it can also secure you [lower interest rates](#). However, this may not be the best idea if you plan to sell your home in the not-too-distant future.

Gadgets and goodies

We live in a tech-oriented world, and as a result, there are plenty of gadgets available to help you stay healthy. Fitness trackers can help ensure you exercise enough, smart scales help you monitor your BMI, and [slow cookers](#) can be your new saving grace in the kitchen.

The most popular gadget out there — your smartphone — can also be put to good use. There are plenty of [mobile apps](#) to help you stay on top of your health, and little is more convenient than tapping your phone when you need something. Joggers can liven up their route with Zombies, Run; My FitnessPal provides general health tracking and information; Sleepbot covers your snooze quality; Fooducate can help you with meal planning; and Calm is right there whenever you need a moment. Best of all, none of these apps cost a single cent to use!

Staying healthy doesn't need to drain your budget, time, or energy. Stay fit, eat right, and use tools to make it all happen quickly and easily. These simple strategies can help make good health part of your everyday life, without getting stretched too thin.