

# Stay healthy and stay on budget

Living healthier can seem like a lot of extra work and expense. But eating fresh, quality foods and staying active don't have to drain your bank account. With the right plan, you may find that healthier choices can actually save you money.



## 6 budget-friendly ways to maintain your health



### 1. Plan your grocery trips

Make a shopping list before you head to the store. Don't shop when you're hungry. You're more likely to grab treats you don't really need. Stock up when healthy foods you like are on sale.



### 2. Keep up with your health

Stay up to date with all your health check-ups, including dental and vision. Regular doctor's visits can help prevent health issues or catch them early.



### 3. Switch to water

Swap sugary soda, sports drinks or juice with plain water. It's free and helps you flush waste out of your body.



### 4. Find free ways to be more active

You can stay active without joining a fancy gym. Go for a hike on a local trail. Crank up some music and dance in your living room or garden. Spend a sunny day doing yard work.



### 5. Ditch tobacco

Using tobacco is bad for your health and your wallet. If you smoke a pack a day, quitting can save you up to \$2,340 per year.<sup>3</sup> You can also lower your risk of heart and lung disease and many cancers.



### 6. Manage your stress

Instead of retail therapy, find low-cost ways to chill. Read a book. Take a warm bath. Meet a friend to walk and chat. Learn a deep-breathing practice.



### DID YOU KNOW?

Replacing one daily can of regular soda with plain water saves around 56,000 calories and \$185 per year<sup>1,2</sup>

<sup>1</sup>CDC.gov. "Rethink Your Drink," Reviewed June 7, 2022. [https://www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](https://www.cdc.gov/healthyweight/healthy_eating/drinks.html)

<sup>2</sup>Canton Repository. "Will there be an end to the soda price increase? Not likely. Here's why." Sept. 9, 2022. <https://www.cantonrep.com/story/lifestyle/food/2022/09/09/no-end-in-sight-to-the-soda-price-increase-heres-why-inflation-pepsi-co-coca-cola/65468587007/>

<sup>3</sup>Smokefree.gov, "Quit for My Finances," Accessed Oct. 16, 2023. <https://60plus.smokefree.gov/quit-smoking-60plus/why-you-should-quit/quit-for-my-finances>



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