

# Get Physical

*Move it to Lose it!*

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## TOPS 10 Free Ways to Exercise in and around Stillwater

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- 1 Walk, bike, or skate Boomer Lake. Also try these free trails:  
Couch Park  
Tech Park (by the Vo-Tech) --OR--  
Try a different walking route at Map My Walk <http://www.mapmywalk.com/us/stillwater-ok>
  - 2 Do laps around a shopping center, Wal-mart, or Lowes.
  - 3 Walk a dog at the humane society. <http://www.hspets.org>
  - 4 Check out an exercise video from the library <http://library.stillwater.org/>
  - 5 Volunteer your physical labor, e.g., Habitat for Humanity. <http://www.stillwaterhabitat.org/>
  - 6 Pace while you talk on the phone
  - 7 Play music and dance around the house.
  - 8 You Tube workouts.
  - 9 Plant or redo a flowerbed.
  - 10 Do a walking tour of downtown Stillwater <http://www.downtownstw.com/visitors/downtown-history>
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### Low Cost and Honorable Mentions

1. **Golf:** One golf club a bucket of balls makes golf a low cost exercise, OR putting is FREE! I recommend investing in a used pitching wedge and/or a putter.
2. **Bicycle:** Stationary or otherwise, if you own a bicycle, use it! If you don't, search garage sales and used sporting goods stores.
3. **Frisbee golf:** Use the great course available at Boomer Lake.
4. **Lift weights** Or, lift soup cans, milk jugs, or whatever is handy. The point is that building muscle will burn fat.
5. **Wii Fit** While Wii Fit may not fit into the low cost category, it is definitely fun!