

Fitting Fitness Into Your Budget

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What's best, you don't have to spend a fortune on exercise equipment or hours at the gym. Just 30 minutes of physical activity several times a week will give your body a healthy boost. Hunterdon Health and Wellness Center makes exercise easy. Because the location is owned by Hunterdon Medical Center, it has more rigid safety standards than traditional gyms. But don't let the name fool you – you can get a great workout here, whether you choose to take a class, lift weights or use one of the exercise machines.

“Cardio classes are excellent because they relieve stress,” says Wellness Program Coordinator Debbie Ligorano. “Others find they can relieve stress through Pilates, tai chi, meditation – it's a personal preference. Individuals should find what they enjoy because studies have shown they will be more likely to stick with it.”