



THE ONLY 3 THINGS YOU NEED TO START AN EXERCISE ROUTINE IN 3 DAYS FOR \$30 OR LESS

Let's get fit and healthy for less than the cost of two tickets to the movies.

1. [Jump Rope](#) for Cardio, Stamina, Coordination, and Heart Health
2. [Blender Bottle](#) to Mix Tasty Protein Shakes for Muscle Growth and Recovery
3. [Yoga Mat](#) for Grace, Balance, Flexibility, Stress Management and Peace of Mind

If your training routine doesn't include anything but yoga and moderate cardio, then you probably don't need to drink protein shakes (unless you don't get enough of that nutrient due to being a vegan or vegetarian).

If your training routine includes more vigorous exercises such as sprinting and weight lifting (this is excellent for building muscles that make you feel strong and confident), then you would benefit from drinking a protein shake. My favorite variety of protein powder is [Optimum Nutrition](#).

One more bonus accessory: if you struggle to hold yoga poses like down dog due to sweaty palms like me, I encourage you to use a [hand towel](#). It helps a bunch.

Please note that I personally use every single item suggested on this list. How else would I be confident enough to make these recommendations? I hope you find these resources to be as helpful as I did.

For more tips and tricks that will help you be healthy + happy + mindful, please visit my blog at www.thewallenway.com. Have a fun and fabulous day. ☺ -Dan