

**Topic:** Making alternate exercise plans when things don't work out

**Quote:** "We used to go swimming and sauna, the sauna closed and then the baths closed for a while. So from that, certain friends who I used...there was a nice group of us went to the gym that you pay an annual membership whatever. I didn't want to do that, I didn't want to be tied to be going two or three times a week to get your money's worth out of it. When it's decent weather I'd sooner go for a walk then go to a gym..."

