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Staying in shape won't run out of style anytime soon for the selfie generation, Jim Cramer told viewers of his Mad Money program Wednesday night. So is it time to return to fitness stocks like Planet Fitness (PLNT) and newcomer Peloton (PTON) after a rocky summer? Planet Fitness shares fell 31% from their highs earlier this year due to an unfavorable fall and investors took issue with same-store sales growth of 8.8% in August when analysts were expecting 9%. But Cramer said Planet Fitness remains a well-managed company that was able to beat forecasts when it was last reported and is now seeing stocks recover from their lows. Peloton had a rocky IPO in September, debuting at the wrong time and immediately breaking the price of its IPO. While management says the company can cut spending and be profitable at any time, Cramer says the reality is Peloton is not a company that will have earnings in the near future. Because these companies are so different, Cramer said, he won't be a Peloton buyer until the lockout period expires in a few months. Planet Fitness, however, should never have fallen that far and is now buying. Let's look for trainers who are experienced in technical analysis as we examine the charts. In plnt's daily bar chart, below, we can see that the price stalled in May-July and then decreased to early October. Since early October prices have staged a major turnaround, PLNT is now above the 50-day moving average line and the 200-day rising track. The daily On-Balance-Volume (OBV) line was lowest in August and September and started a new increase in early October. The increased OBV line tells us that PLNT buyers are more aggressive. The Moving Average Convergence Divergence Oscillator (MACD) crossed upwards in early October to signal the purchase of closing shorts and earlier this month this oscillator crossed the zero line for direct long signals. In plnt's Point and Figure chart, below, we can see a recent reverse rally making a new high to move up and a potential price target of \$79 being projected. In this PTON daily bar Japanese candlestick chart, below, we can see the price activity since the company went public. Prices mostly trade sideways between \$20.50 and \$27.00. The indicators are starting to improve slightly from last week but overall we have a bit of history to work on to get positive recommendations. In this Point and Figure PTON chart, below, we can see that the inverse price target in the \$35-\$36 area is being projected. Bottom-line strategy: American Heart Association (AHA) 300 minutes of activity per week. I recommend the long side of PLNT risking under \$65 for now. Instead of buying Lonely Planet guidebooks or videos one by one, you can now have unlimited access to everything digitally with a Lonely Planet Membership. Plus, we've thrown in some extra extras also that only members can get. 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We all know getting enough exercise is one of the most important ways to stay healthy. Spending some time sweating is good for your heart, lungs, muscles, and bones. But exercise does more than just make you lean and strong. A study from the University of Minnesota found young adults who maintain high levels of cardiorespiratory fitness experience better cognitive function later in life. Unfortunately, getting fit is becoming more expensive than ever. Gym equipment, gym memberships and racing costs can cost you thousands of dollars each year. You don't have to empty your pockets to exercise, though. We've put together six great tips that will help you get fit while sticking to your budget. 1. Buy cheaper sports equipment Don't spend a lot of money on sportswear. | iStock.com Most of us have some brands that we are looking for when picking up some new sports equipment. Big brands like Nike and Under Armour may seem like a logical place to invest your dollars, but they come at a price. Even a basic top from Nike can easily cost you \$40 while more technical pieces can soar nicely into the hundreds. Instead of automatically grabbing your favorite brands, consider alternatives to larger department stores. The teeth are quite comparable, and much cheaper. If you have to stick with a trusted brand, don't go for the latest duds. Outlet stores have items older than your favorite brands without a large price tag. Also consider heading to a second-hand clothing store. While many of these retailers do not have designated sports sections, you will be surprised by how much sports equipment is tucked away on those shelves for small of what they will be charged at the athletic store. Shoes are probably the most valuable of all. Stores generally only carry the latest models, but you can find older versions for significantly reduced prices. You may have to find it online, so knowing your size is key. Some retailers, such as Running Warehouse even sells barely used kicks for very steep discounts. 2. Care for the clothes Take good care of your clothes. | iStock.com Sportswear is quite expensive, so don't ruin your investment by treating them like junk. The first step to taking care of your clothes properly is to get those dirty clothes out of your gym bag pronto. Life by DailyBurn says leaving your sweaty gear sitting in the bag for too long can cause the fabric to deteriorate faster. If washing immediately is not an option, at least hang your clothes dry so that they do not start planting bacteria or fungi. Once you can wash, be sure to pay attention to what the label says. Most performance fabrics require a cold cycle, or even hand washing. This may seem like pain, but rubbing by hand will make the top and shorts last longer. Drying may be more important than actual washing, though. For the longest lifespan, AOL Finance says to dry your teeth, because the dryer only destroys the integrity of the fabric. Sometimes the problem is not the loss of elasticity or holes, but the growing smell. Don't assume you should throw your smelly tracksuits, as they are often saved with little care. acentral.com recommend soaking your smelly items in a solution of water and vinegar to help kill bacteria before washing. You will be amazed at the difference he made. 3. Try group personal training instead of one-on-one sessions Exercising with groups is much cheaper than personal trainers. | iStock.com Even the cheapest personal trainer can do a lot of damage to your bank account. The American Council on Exercise (ACE) reports most one-on-one sessions cost between \$40 and \$100 dollars an hour while group meetings are only about \$15 to \$20 for the same amount of time. While not all gyms or personal trainers offer group sessions, many do, even if they don't advertise them. All you have to do is ask. Your trainers may not be able to give you the same level of attention as they do for solo sessions, but group training offers several other benefits. The article says training with a handful of people can be great for motivation, and since you have to work very hard to coordinate a schedule, you're much less likely to skip a workout. If you have friends at the same fitness level, you may already have your group. 4. Choose a smaller competition Sign up for a smaller competition instead of a big event. | iStock.com Sign Up for Racing or a marathon is a great way to give yourself a purpose to work. Big events may come with more name recognition, but they also come with a big price tag. People competing in the New York City Triathlon spend about \$300 dollars in race fees. People who go for the Kiwanis Westport Triathlon in Westport, Connecticut, on the other hand, another, pay \$65 to \$80. These small town events are almost always more affordable, so take a look at what's nearby before you sign up for the biggest race in your area. Another bonus to go with a smaller event? You will do better in the overall competition, making award opportunities much more likely. 5. Build a gym at home you can always exercise at home. | iStock.com Your gym membership may not seem that expensive when you consider the cost per month, but it's really increased over the years. While you'll need to make some upfront investments, building an exercise room at home can save you a lot of money in the future. We recommend these great tools to cover the basics. Taking something like a treadmill or elliptical trainer is much more expensive, but it will also last for years. Verywell says you can expect to pay about \$1,000 for a reliable treadmill. It sounds like a lot, but some quick math suggests it's much more cost-effective than you think. The average price of a gym membership is \$58 per month. In less than 2 years, you'll already save money because you'll spend \$1,392 in that amount of time by sticking with your gym. 6. Combine your workout and your journey, you can kill two birds with one rock by cycling to work or while running errands. | iStock.com Traveling isn't fun, and it also eats up your bank account. According to Citi's ThankYou Premier Commuter Index, Americans spend about \$10 on their daily work trips, which adds up to \$2,600 annually. You can significantly reduce expenses if you travel to your work on foot, skateboard, or bicycle. You can even print commuter bike vouchers for up to \$20 per month. Of course, you can't walk around in sweaty clothes for the rest of the day. Be sure to keep your clothes and shoes clean in your office, so you can completely change. If you don't take a shower at work, keep a cleaning kit with some basic products that you can use in the restroom, such as baby powder, dry shampoo, shower gel and deodorant. Deodorant.

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