

## Home or Club Workouts

## Lesson 11

### HOME OR CLUB WORKOUTS

When the weather prevents you from going outside, exercising indoors can help you maintain your program of consistent physical activity. Two options for indoor exercise are joining a health club or creating an exercise facility/space at home. Here are tips to help you decide which is best for you.

### CONVENIENCE

First, consider convenience. If you are looking at a club, consider how far it is from home or work. Changes are you are more likely to use a club that is 10 minutes away by car versus one that is 30 minutes away. Convenience counts at home as well. If you can't leave an exercise bike out or don't have a space large enough to move the aerobic videos, chances are you won't use them at all.



### COST

Cost is also an important issue. If considering a health club, investigate the initial costs, payment and membership renewal fees. Other organizations which offer low cost exercise programs include jazzercise, the local YWCA or YMCA. If considering a home exercise facilities don't forget to figure in the cost of the equipment maintenance and repair.

### SCHEDULE

It is important that you exercise consistently. When considering whether to join a club or create an exercise facility at home, take into account how much time you can spend exercising. If you are considering joining a club, remember that you have to gather workout clothes, drive to the club, workout, shower and change after your workout. Be realistic. If the extra time needed to go to a health club isn't there, exercising at home is probably best.

### PERSONAL PREFERENCE

If you don't like exercising in front of others or don't like health clubs, then don't join! Some people find it more relaxing to exercise at home or on their own. Others gain extra motivation from exercising with others and enjoy sharing "exercise talk." For continued success, select the exercise environment that's most compatible with your personality.

### ACTIVITY

To help you determine the exercise environment that's best for you, complete the chart below. For each of the characteristics listed place a check in the column of the exercise environment that best provides the given characteristic for you.

	HOME	LOCAL PROGRAM	ATHLETIC CLUB
Convenience			
Costs			
Schedule			
Personal Preference			
Special Features			

And don't forget your walking program! Continue to walk 4 times per week, 40 minutes each session.

Try carrying a light weight (1-3 lbs) in each hand when you walk. And if you have the urge to walk longer... do it! As always, monitor your heart rate and adjust your level of exercise as needed.

