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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Factors to Consider when choosing a Fitness Club

By Renee Kennedy

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There are several details that must be taken into account if you are looking to join a health club or fitness center:

Convenience/Location is probably the most important consideration. If the health club you choose to join is not convenient to your home or work, how long do you think it will take before you decide to skip a couple sessions, especially in bad weather?

Price may also be a factor for you.

How much do you know about working out? If you know a lot about strength training, aerobics, flexibility, etc. you may want to join a club where you can develop your own individualized program. If you know nothing about physical fitness, it may be much better for you to join a club that offers a standardized program.

Your specific goals may also have a big influence on your choice. If you need to tone up, perhaps a Pilates class may be the answer for you. If you are trying to buff up, you may wish to join a health club that offers a strength-training program.

Where are your friends going? There's no better motivation than working out with a friend. You may get to know some people once you join and that's a good thing... but if you choose a place where a friend already goes, it may be easier for you to adjust. It's a lot more fun when you feel comfortable and have someone to talk to.

What is your gender and age? There are fitness places geared toward a specific gender. For instance, "Curves" and "Ladies Workout Express" are only for women. Go to each fitness center within a reasonable driving distance of your work or home and ask them for a tour. Look at the people that are working out, are those people like you? Do you look like you would fit in with these people? "Fitting in" will also motivate you to keep going.

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Time is also a consideration. Is your fitness center open during times that are convenient for your schedule?

Do you need childcare? Many fitness clubs offer childcare.

Will the staff meet your needs? If you are joining to lose weight, you may want a nutritionist on staff. Maybe you feel you need a certified personal trainer to keep you on track. Also, will there always be a staff member around to help you learn the equipment?

The fitness center may have a contract. Read this contract or ask questions about it. Some good questions to ask...

Are there any up-front fees?

What is the duration of the contract?

Is there any way to get out of the contract if I need to?

What exactly does the membership fee cover? For instance, will it cover childcare, use of the pool, locker, towels, etc.

We lead such busy lives. Finding time for yourself can be difficult. If you are a mother, wife, husband, father, or you work, then you have commitments to other people. To keep those commitments, you need to make time for your own health.

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Fitness Magazine Subscriptions: Cheaper Than The Gym

By James Brown

If you are looking for a way to keep up with the latest fitness trends, find new workout routines, gear, and techniques, and get advice on eating healthy to maintain your weight and performance, a subscription to a fitness magazine may be a better bet than a gym membership.

There are several different types of fitness magazines, from the general to those that focus on specific types of exercise, like weightlifting or yoga. There are also different magazines depending on whether you are looking to use fitness as a part of a healthy lifestyle, a weight loss tool, or to reach a high performance level or certain body type.

For women, there are a few magazines in the general fitness area that cater to you. They include Self,

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Shape, and Fitness Magazine. If you're pregnant, there's Fit Pregnancy. For men, there's Men's Fitness and Men's Health. There are also magazines for everyone, like Fit and Health and Fitness Sports Magazine. These publications cover a wide range of health and wellness issues, from healthy eating, to beauty and hygiene products, to the latest medical news.

If weight loss is your fitness goal, check out Weight Watchers magazine. Yoga is growing in popularity, try Yoga, Yoga Journal, or Yoga International Magazine. Pilates is another current fitness craze, and there's a magazine for that, too, Pilates Style.

Bodybuilders have a myriad of choices, including Flex, Muscle and Fitness, and Iron Man. And of course there are magazines for just about every sport imaginable, such as Golf Magazine and Golf Digest for folks who like to hit the links. Runner's World and Running Times are devoted mostly to distance runners. Tennis players have Tennis Life and Tennis Magazine. If you prefer to get your workout in the water, try Swim or Swimming World (they are by the same publisher, you may be able to get both for the price of one). Skiers have their own magazines, too, like Skiing and Ski.

If fitness is your job, subscribing to a magazine in your field could help your business. Personal training is a highly entrepreneurial field, and keeping up with the latest trends could give you that extra edge to get more clients. Check out Personal Trainer Today or Personal Training magazine. If you run your own club, try Health Club Management. Whether you are staying fit, helping others stay fit, or both, there's a magazine out there for you.

James Brown writes about

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and Magazine Coupons



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