

## Choosing the Right Gym

Chicago, IL - Choosing a gym is an important investment in a healthy lifestyle, so take the time to find the right gym for your needs. Recent surveys indicate that choosing the right gym will ensure your success, so fitness professionals suggest you apply these tips when selecting a gym or fitness center.



**1) Location and Hours** Research indicates that location is the No. 1 reason people leave a facility/program, so this is crucial to ensure regularity and consistency in workouts. Decide when you'll be working out and select a gym accordingly. Generally select a gym in your neighborhood or near your work with hours that fit your busy schedule. Gyms with multiple locations make a good choice.

**2) Visit and get testimonials** Once you've narrowed your list by location, tour the gyms and ask around to get opinions. See if there are programs that might be of interest and ask about additional services (and possible added charges).

**3) Equipment Evaluation** Tour the facility and check the equipment, making sure it's sturdy and in good shape. Make your visit during the time you plan to workout to make sure the equipment is available and the gym isn't over-crowded.

**4) Cleanliness** Assess the cleanliness of the gym, the locker rooms and equipment. Frequenting a gym that doesn't provide a clean and healthy environment is counter-productive.

**5) Evaluate Staff** Visit with the staff. Make sure they are readily available and able to answer your fitness questions. If interested, inquire about personal trainers or special classes. Ask if the instructors are certified by a professional fitness organization such as the American College of Sports Medicine, the American Council on Exercise or the Aerobics and Fitness Association of America.

**6) People** Make sure you're comfortable with the club's members and atmosphere. You'll feel more comfortable training beside men and women of similar ages and interests.

**7) Price** You'll need a gym that fits your budget so set a price limit and stay in that range. Be sure to ask about contract requirements. Find out about payment plans. Clubs that require a lifetime membership or contract over a year should offer a good discount.

**Gay Pages:** [Local Gyms](#)