**Selecting a Fitness Center**

You need to stay physically active to maintain and improve your health. You should do at least two and a half hours per week of moderate physical activity. This could include walking, biking, swimming, dancing, etc. A great way to exercise is to join a fitness center.

Most communities have many fitness centers to choose from. Make sure to check out a few before signing up to be sure you find one that you are comfortable with and fits your health needs. Ask your friends and family what fitness center they go to. Having a friend at the gym to show you around and work out with is always much safer and fun.

Ask the fitness center about a free guest pass so you can try out the fitness center first before becoming a member. It’s also a good idea to try out the fitness center at a time that you would usually go so you can see how crowded it will get. The trainers at the fitness center are there to help you, so ask them if you need help with the machines or have any questions.

Use the list of questions below to help you select a fitness center that is right for you. There are blank spaces available for you to write in your own personal questions too. Good luck!

|  |  |  |  |
| --- | --- | --- | --- |
| Fitness Center Name: Date: | | | |
| Fitness Center’s Address: | | | |
|  | | | |
| Contact Person at Fitness Center: Telephone No: | | | |
|  | | | |
| **No.** | **Question:** | **Yes** | **No** |
| 1. | Is the fitness center location easy to get to? |  |  |
| 2. | Do you have enough money to pay for the fitness center each month? |  |  |
| 3. | Can you use the exercise equipment? |  |  |
| 4. | Can you easily move around the layout of the fitness center? |  |  |
| 5. | Is the exercise equipment in good shape and clean? |  |  |
| 6. | Do you have to provide any records of your medical history to join? (And if so, is every member required to do so too?) |  |  |

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| **No.** | **Question:** | **Yes** | **No** |
| 7. | Does the staff have knowledge about your disability or medical condition? |  |  |
| 8. | Is staff friendly and willing to show you how to safely use the equipment? |  |  |
| 9. | Is the fitness center crowded during the times you can go? |  |  |
| 10. | Do they have group classes that fit your interests? |  |  |
| 11. | Do the instructors for the group classes modify the activity for you and your fitness level? |  |  |
| 12. | Does the changing room have lockers and showers that you are able to use? |  |  |
| 13. |  |  |  |
| 14. |  |  |  |
| 15. |  |  |  |
| **Fitness Center Resources:** | | | |
| * National Center on Health, Physical Activity, and Disability (NCHPAD) - Choosing a Fitness Center: <http://www.ncpad.org/308/1909/Choosing~a~Fitness~Center> * ChooseHealthy.com – How to Choose a Fitness Center: <http://www.choosehealthy.com/providersearch/selectionguides.aspx?nameid=HowtoChooseaFitnessClub> | | | |

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