



Choosing a Gym or Creating a Home Gym

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In therapy, we often get questions from patients about what kind of exercise program would be appropriate for them. It is often a confusing decision as to what is most ideal to transition from therapy to a home/gym exercise program.

Here is some info that people should be aware of when choosing what type of gym setting is most appropriate:

1. Choose a gym that is close to home or along the way to/from work. This will help you to more easily stick to your routine.
2. Choose a gym that has amenities you are most likely to use. Some gyms have pools, steam or dry saunas, classes, massage, even daycare while working out.
3. Almost anyone will benefit from an all over body strengthening program. It should include working hamstrings, quadriceps, calves, back, abs, chest, shoulder, and biceps and triceps muscles. Each muscle group should be worked 3 times/week to gain strength benefits.
4. Get a certified trainer to help you set up a program, or work with your physical therapist to set up a series of programs that are right for you and your strength needs.
5. If working out at home works best, find a good used piece of gym equipment that works the muscle groups described above. Incorporate free weights and a Swiss ball into your mix of home equipment as well as workout video staples that are fun and work up a sweat.
6. Change your routine every 4-6 weeks to prevent a plateau of strength gains or weight loss. Our bodies adapt quickly to the same program.

Most gyms in the North Metro ranged in price from \$35-45/mo. Many had an initiation fee also. These fees varied widely. Student or senior discounts could vary the monthly fee, also number of family members. Some clubs gave discounts with certain medical insurances. Some had founder's memberships that could be purchased to secure a constant monthly rate.

Remember that if you come in to see us for therapy to alleviate chronic pain such as back, shoulder, knee or even fibromyalgia, for example, that we can help you get great overall strengthening into your routine and we will happily come to your home or your gym to get you started successfully and safely.

Monica Iammatteo-Crep is a PTA with Physical Therapy Consultants and an ACE certified personal trainer.