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# exercising at home may be your solution

by auralie ruggiere



ARE YOU ONE OF THE MANY AMERICANS that find yourself in the “unmotivated-motivated-unmotivated” workout trap? You join a gym with great intentions, but you go less frequently as time progresses. You may be the type of person that needs to exercise in the comfort of your own home. Imagine not having to drive across town or worry that your exercise clothes are “en vogue”.

## THE RIGHT EQUIPMENT

But how do you get started? What equipment do you get? How do you learn how to use the equipment? Rest assured, there are fitness and equipment experts in Frisco that are available to help with your qualms and questions.

If you want to invest in high-end exercise equipment, decide on an overall strategy. According to Brian Blakewood, regional manager of Hest Fitness Products, “You need to focus on purchasing equipment for a ‘lifestyle change’, not losing 25 pounds in 6 months.” He adds, “Your investment pays off if you set small but frequent goals. Think of what you want to accomplish in the next month and 20 years from now.”

Hest Fitness Products sells a variety of exercise equipment including the top-of-the-line Precor™ strength-building Multi-station home gym for \$5,600 to more basic stationary bicycles for approximately \$400.

If you want to exercise at home, but you have limited space or money, you still have options. Sandy Camp, personal trainer and owner of Home Bodies Personal Trainers, says, “It is possible to have an effective workout from home without owning any equipment. You can use a fire place ledge or your own stairs to create a workout routine.”

## MAKE A PLAN FOR HOME FITNESS

No matter what your situation is, consider the following information to plan the best in-home solution for you:

- Determine your fitness goals. Do you want to lose weight, or build muscle? You should see and feel results from all your hard work.
- Consider what type of activities you like and your physical limitations. Do you like walking or lifting weights? Do you have limited use of arms or legs? You should enjoy exercising.
- Determine how much space you have. Do you have a full room to dedicate to exercising or a 5' x 5' space in your bedroom? For a full room, Hest Fitness Products has a computer program that designs the room's layout using the desired equipment.
- Consider your budget. Once you determine your needs and desires, look at the equipment or services that are within your price range.
- Try the equipment or products to determine what is best for you. Blakewood encourages customers to do a full workout in the store, and then assess their physical state the next day. Sandy Camp brings resistance bands, dumbbells and other items for her clients to try while also learning the proper techniques.

*“Your investment pays off if you set small but frequent goals.”*

For a mere \$75, the Home Bodies Personal Trainers team conducts a consultation that includes a full range of fitness testing and medical evaluation (heart rate, blood pressure, and body fat calculation). Then they help you determine your fitness goals and if you request assistance from a personal trainer, the cost is \$55 per hour with no contract.

Frisco residents are fortunate to have a variety of options to help design an in-home gym or fitness routine. The convenience of exercising in the privacy of your home with the proper equipment and plan, will give you the opportunity to, “Live long and prosper!”



*Auralie Ruggiere is a freelance writer and full-time mother of two.*