

# Take your Workout Indoors

Winter is approaching and it's that time of year when people head indoors to escape the cold – and too often escape their workouts! Eating more at holiday parties and skipping exercise can be a recipe for disaster. Instead of having a lot to overcome when the New Year arrives, follow these tips from the experts at Life Fitness take your fitness indoors when the temperatures drop.



## **Take a tour.**

Request a tour of your local health club to be sure you're aware of all they can offer – many gyms have private trainers, child care, team sports, swimming and spas. Look into a wide variety of fitness classes such as Zumba, Pilates, Yoga, strength training and kick boxing. By exploring the various ways you can utilize a gym membership, you may get more excited about going to the gym.

## **Try new equipment.**

Don't let unfamiliar machines intimidate you – learning and conquering something new can be a huge boost to your enthusiasm and motivation. Set out to try a new class or learn about a new piece of equipment each week.

## **Don't go it alone.**

Enlist a friend to join the gym with you. When you make a date to head to the gym with a friend, you are less likely to skip the commitment — even on those days when you don't feel like exercising. Plus, you can share goals, compare results and have someone to hold you accountable.

## **Try it out.**

If you aren't ready to purchase a new gym membership, find out if gyms near you offer free one-day or one-week passes, or get a buddy pass from a friend who already goes to the gym. Some gyms offer pay-as-you-go memberships, so you only pay for what you use.

## **Just go a few days per week.**

You may think that getting a gym membership means you have to make an appearance every day. If you are just getting back to the gym, commit to what's realistic and doable for you – two or three visits a week is OK to start with.