

# TIPS FOR GOING TO THE GYM

## WHAT TO WEAR

- Make sure to wear comfortable attire that does not restrict body movements.
- Closed toe sneakers or athletic shoes should be worn at all times. Choose your shoes based on what kind of exercises you will be doing. For example, if you want to do more cardio exercises, then jogging shoes will be a great idea.
- Choose a lightweight t-shirt or a sweat shirt. It should be made of breathable material like cotton.
- Wear normal cotton gym shorts or pants. These should at the most extend one inch below the knees. These shorts should not be tight around the waist, so elastic shorts will be more comfortable. Even cotton track pants can also be worn if you feel shy in shorts. Athletic stretch pants are okay as well.
- Bring a soft towel to wipe your sweat every now and then. You don't want to leave your sweat on the seat of a machine.
- It is not recommended to bring anything of value inside fitness centers as they are not liable for any lost, stolen or damaged items. Just make sure you don't forget your towel or your motivation!



## YOU'RE IN. NOW WHAT?

Many of us feel overwhelmed by everything going on in fitness centers. There are just so many choices. Speak with a staff member about scheduling 3 training sessions at the time of your sign up. They can give you a tour, explain and demonstrate how to use each piece of equipment, and provide you with an individualized workout plan.

## WHAT'S RECOMMENDED

It's recommended that some sort of cardio (walking, running, etc.) be performed each day. Give muscles a break at least once to twice a week depending on how intense your workout is. You CAN train each body part once, twice or three times per week and still get good results. The bottom line is, get moving, and start losing!

## SERVICES AVAILABLE AT WELLNESS CENTERS

Although fitness centers can all look very different, for the most part, they all have the same services such as:

- Fitness classes
- Health workshops
- Fitness assessment
- Training sessions with staff
- Workout plan
- Lockers
- Shower



**The Wellness Coalition**  
thewellnesscoalition.org

**For more information, call 334-293-6502**