



Dear WFB: My doctor recently “read me the riot act” about my not exercising on a regular basis. So I am about to join a gym or fitness club for the first time. Can you give me some pointers on what to look for in a health club and, perhaps, help me locate one?



Dear Health Club Newcomer:

It’s great that you have a concerned doctor, and that you’re going to take steps to help yourself by setting up a regular exercise routine. We can help you find a club – just visit your WFB **My Life Values** web site (go to www.wfbenefits.com, click on **Member Login** and enter your username and password)*, click on **My Health**, then **Self-Help**, then **Fit Find**. You’ll be able to locate a fitness center by zip code.

Next, here are some tips on how to choose a club:

1. Choose one that’s close – no more than 10-15 minutes from work or home. If your club is too far away, the inconvenience of getting there can become an obstacle to your going regularly.
2. Think about what you want to do at your gym. Do you like aerobics, yoga, jazz, or “step” classes? Are you interested in weight lifting? Do you want certain machinery available like elliptical trainers, stationary bikes and treadmills? Do you want there to be a dietician, nutritionist or other health consultant? Do you plan to use the club to socialize, and, if so, is there a café, restaurant or a calendar of events? Will you want a trainer, and are there trainers available?
3. You probably won’t know the answers to the questions in #2 until you are actually involved in working out. So find a club that seems acceptable for your needs, and then ask for a trial membership of a few weeks or a month. Don’t hesitate to try out more than one club to see which you prefer.
4. Remember your budget! Shop around and be sure not to spend more than you really want to or can afford. Buying into a gym that is more than what’s reasonable for you can be a real “disincentive” to continuing your exercise routine.

Good luck with your new undertaking. Write in again and let us know how you are doing with your “getting fit” plan!

(*If you don’t know your username and password, just call us.)