

Buy a Home Gym

Television advertisers are forever taunting us with newer, easier and more effective ways to work out. Buxom and brawny models make the equipment look as though it's doing the work for them. But like all things, if workout equipment looks too good to be true, it probably is.

Before you buy a home gym, there are many sources of information to consult. Pick up a fitness magazine, research on the Internet, or ask for advice at an exercise equipment store or fitness center. The simple fact is that you are the only one that can really decide just what kind of home gym you'd like to use. Shop around to find the best equipment available to help you achieve the body you'll want to see in the mirror every day.

Setting personal goals is important, but make them realistic goals. Don't buy a home gym in hopes of working away the pounds until you reach the perfect size four. Many size fours are not all that healthy. See your doctor for a complete physical, and have him or her conduct a body fat analysis to determine your ideal weight. If you have health concerns, your doctor might suggest that you workout in a supervised facility where your progress and activity are monitored. Only after you have set realistic, achievable goals should you set out to buy equipment.

When you're ready to buy a home gym, make sure it's one that will grow with you. Avoid buying an expensive all-in-one unit that you'll outgrow in a few months. It's a good idea to start with the basics. If you're new to exercising, buy an exercise bike or treadmill to start getting in to shape. An inexpensive total home gym is another option. These are available in most department and fitness stores. Check your local newspaper, as you can often find home gyms listed in the classified section.

Finally, your lifestyle needs to factor in to your buying decision. If your life is already hectic, don't kid yourself into believing you'll have time to workout on a huge system. You might be better off with a bicycle for commuting to work, and a set of personal barbells to keep by your desk at the office.

Don't be fooled by exercise equipment that looks too good to be true. Achieving personal fitness goals takes time, dedication and hard work, and no fitness gizmo will do the job for you. Shop around before you buy a home gym. You'll be a stronger person for it.