



## Make the Right Moves When Buying Home Exercise Equipment

Are you about to buy home exercise equipment? Having your own gear can be a fun, effective, and convenient way of getting and staying fit – but only if you actually use it. Otherwise, you may end up with a treadmill or weight bench that sits in a closet collecting dust.

To avoid this situation, consider the following questions from the American Academy of Orthopaedic Surgeons:

- **Do you enjoy exercising at home?** Or, are there too many distractions? Would you have more fun working out with other people at a gym?
- **Have you considered cheaper alternatives** to expensive equipment, such as dumbbells, a jump-rope, or exercise videos? Trying these first may be an inexpensive way to find out if working out at home is right for you.
- **Have you tried walking?** All you need are a good pair of shoes and your own two feet. Brisk walking several days a week has many health benefits.
- **Do you have your doctor's OK?** For safety's sake, talk with your doctor before significantly increasing your level of physical activity. Also, tell your doctor about your fitness goals. He or she may be able to suggest equipment – or a cheaper alternative – that's right for you.

Don't forget the golden rule of buying exercise equipment – try before you buy. Also, be skeptical of products claiming quick, no-sweat results.

Here are some common types of home exercise equipment and the benefits they provide:

- **Treadmills and elliptical machines** offer a great way to burn calories and improve cardiovascular fitness. Depending on the brand and model, you can vary speed, elevation, resistance, time, and distance. You may also have the option of programming a personalized workout.
- **Stationary bikes** provide low-impact cardiovascular exercise. Most models allow you to adjust resistance for a more intense workout.
- **Stair steppers/climbers** provide lower body and cardiovascular workouts.
- **Weight machines** offer strength training and muscle building. Several different machines can be purchased to target particular muscle groups, or you can buy one large machine with different stations. Remember to practice proper lifting technique and to ask for assistance while lifting heavy weight.

Source: UnitedHealthcare

**For more information regarding the TeamHealth Wellness Program, go to the Wellness Website ([teamhealth.com/wellness](http://teamhealth.com/wellness)).**

