

ASK THE TRAINER

QUESTION:

“For months I have wanted to start a structured exercise program, but have been putting it off, and the main reason is that the only health club in my area is about 35 miles away. I just don’t see how I can spend 45 minutes traveling each way plus the time to exercise when I get there. That would probably take over 2 hours. Do you have any ideas that might help me? I don’t have any exercise equipment and really don’t know where to start.”

RESPONSE: I actually have clients who live in other states that have similar situations as the one you mentioned. There are also other reasons why some people do not feel they can get to a health club or gym on a regular basis: The economy (gas prices) means that they have had to restructure budgets and other things are more essential to them at this time. Some feel they would be embarrassed to go to a health club or gym. The list goes on and on.

I have a section in my book, ***Fitness Basics 101***, that addresses your question in more detail, but let me give you a few suggestions.

First, you already have one of the main ingredients for success – the “want to.” Now you have to discover the key(s) to unlock that “want to” so that it translates into activity that will meet your desire for a “structured exercise program.”

Second, you (in all probability) already have in and around your home some excellent items that can be used in an exercise program. So put on your “discovery cap” and start looking. Here are some clues for your “hunt.”

- **A place to walk.** This could be a large room. Some homes actually are kinda like an indoor track and people don’t realize it. How? They are built so that there is a circle or lap that can be used as you move through the rooms. Another place is, of course, outside. The yard, driveway, or maybe even your neighborhood if it is safe enough to do so. The local church where I am privileged to worship has had 30 acres donated for our relocation. As part of our master plan for the property we are creating a track that can be used by members and community. **SO YOU SEE, YOU DO NOT NEED A TREADMILL.**
- **Stairs and steps inside your home or porch area.** You can get a great cardio workout using these. **SO YOU SEE, YOU DO NOT NEED A STAIR-CLIMBER MACHINE.**
- **A broomstick or any stick or bar that is about 3 feet long.** This can be used to develop an excellent abdominal routine. **SO YOU SEE, YOU DO NOT NEED FANCY AB**

MACHINES OR ANY OF THAT “INFOMERCIAL” EQUIPMENT. (Another way you can use the stick or bar is to do isometric movements, which are wonderful).

- **Plastic jugs that you can fill will dirt or sand** (at various levels to create different weights – just use your scales to determine the weight you want to create). I used to recommend using milk jugs, but most of them now have tops that can easily pop off and can therefore be a safety issue, so now I suggest that clients use such plastic containers as bleach, liquid clothes detergent, juice, etc. These are really sturdy and have tops that can be screwed on. **SO YOU SEE, YOU DO NOT NEED TO PURCHASE DUMB-BELLS.**
- **Since I have saved you a lot of money with the above suggestions (pat on the back), I am going to suggest that you do consider investing a little in some equipment.** For a couple of reasons: First, there are some movements that you need to incorporate in your exercise routine that will be difficult to do unless you have equipment that is specifically designed for those movements. Second, when you travel you want to make sure that you can keep up your routine and it may be difficult to pack your “indoor track”, stairs, stick, and detergent container in your suitcase (big smile). Before I started my home fitness business I spend a lot of time researching this challenge and I found an item that has helped many people. If you will go to my fitness websites, you will find a link there that will take you to where this **INEXPENSIVE** equipment is found. This equipment comes with a complete manual that will help you set up an excellent exercise routine. Just go to:

www.fitnessbasics101.com

or

www.life-stylefitness.com

Third, if you want me to help develop a personal program for you, just let me know and we can work out the details of how to communicate, etc.

I hope this helps and much success to you.

Dan