

## 10 Steps to Get the Most from Your Exercise Program Part: 8

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What is your vision of an exercise program? Probably the first thing that comes to your mind is an exercise program that requires a trip to the gym. That is what most people will think. It does not have to be that way. There are so many other ways to exercise that do not involve any gym equipment.



**Step #9:** Get out of the gym!! Over the years I could recount hundreds of conversations with people, who used their hatred of gyms for their lack of participation in an exercise program. Membership at a gym is too expensive, it is too far to travel, and there is no one to watch the kids. All of these reasons add up to one big excuse. Believing that going to the gym is the only way to stay fit just is not true.

First I would like to focus on exercises that can be done in your home. It does not take a lot of money or space to do some basic exercise routines in your living area. When you are going to build something at home, you go to Sears and buy the right tools. Usually this approach is cheaper than paying someone to do it for you. The same can be said for a home gym. Some basic tools you will need are exercise tubing, hand weights, a thick yoga mat and a Swiss ball. All of these items can be purchased at your nearest Walmart or Target. The other tool you will need is a video or book that explains how many ways these items can be used. If you want more instruction, hiring a Certified Personal Trainer to create a home program and demonstrate the use of your new tools is always an option worth considering. Once you have developed a simple strength program for the inside of your home, go outside and move! Take a walk, rollerblade, bike or jog. Team sports are always an excellent form of exercise. Tennis, bowling, dancing, the list is endless. The most important aspect is that you get off the couch and move your body. That is far more important than what activity you choose to do.

Secondly, I would like to mention the age-old method of bodyweight training. It is a very effective method of gaining strength and adding muscle without the use of any equipment. As a matter of fact, there is a wrestling team in South Florida that had no equipment on which to train. They hired a coach who utilized his knowledge and creativity with bodyweight, and that team placed top in their division. Push-ups can be modified multiple ways, as can squats, and lunges. Adding a partner will allow you to incorporate more additional variations in training with bodyweight. I have used many

different forms of bodyweight training, and found it to be very challenging. Its great to know that just because I am not at home or near a gym, there is always something I can do to maintain my exercise program.

If you choose to exercise outdoors, remember to use sunscreen and stay hydrated with a water bottle close by. Remember to pay close attention to how you are feeling on a hot and humid day, because your heart has to work a harder in the heat. Now get out there!!!

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