



## In Search Of The Perfect Gym

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If you're serious about getting fit and staying fit, you'll need to find your perfect gym. Think of your gym membership as a long-term relationship. There are many things to consider in your search for "The One."

So what are all the qualities that you're looking for? Here's a rundown of what your perfect gym is:

### **IT'S NOT FAR FROM HOME OR WORK**

Location is most important as you will have to fit workouts into your schedule. Having your gym nearby gives you more flexibility to make that work. If your gym is hard to get to, you'll find yourself finding reasons not to go.

### **IT FITS YOUR GOALS**

Why are you going to the gym? To tone up? To lose weight? To become a faster runner? To learn a new skill? To avoid or recover from injury? Simply knowing your end result gives you a better idea of what you will need fundamentally. Maybe you don't need a fully-decked gym. Maybe a home gym can be set up with a few weights. If you want action, a boxing or MMA gym might raise the stakes. Some would opt for a dance studio or take on a yoga instructor. If you'd like something different, you might want to give pole-dancing a try, perhaps?

### **IT MATCHES YOUR VIBE**

Check out the crowd. Do you feel you can get along with them easily? Assess the staff. Are they knowledgeable, certified, and up-to-date? Are they accommodating or intimidating? People will be key in turning the gym into a new comfort zone for you.

### **IT OFFERS RELEVANT SERVICES**

Are there services to complement your physical exercise? "Licensed nutritionists to help you plan a healthy diet? Are you going to need a professional trainer? A spa for your recovery?"

### **IT IS WELL-EQUIPPED**

Equipment can be state-of-the-art or ancient. Try not to get carried away by the big and new. Check on the way it has been maintained. An ill-maintained, wrongly-calibrated treadmill or broken weight machine can mean considerable risk of stress and injury to your body.

### **IT KEEPS YOU INTERESTED**

A good range of classes will keep you from getting bored. This variety should extend to programs and promotions in the gym that not only help you reach your goals, but also help build a sense of community.

### **IT IS SAFE HYGIENIC**

Check the condition of showers, saunas and lockers. Is there ample space? Are lockers in working order? How is the water pressure? Temperature? As a health facility, the gym is expected to ensure an environment that is safe and sanitized.

### **IT IS OF REASONABLE COST**

Of course your perfect gym, must meet your perfect budget. You can't be happy in a gym for long if you feel you are not getting your money's worth.

Now that you know these things, you are ready. To boost your efforts, try drinking new [Del Monte Fit 'n Right](#). Its patented GCE and L-Carnitine formulation has been clinically proven to help reduce body fat when taken daily with diet and exercise.

So line up your "dates" and draw up their pros and cons. May your quest be filled with adventure, and end in a healthy and rewarding new partnership.

### **Sources:**

<http://www.forbes.com>

<http://www.bodybuilding.com>

<http://www.formerfatguyblog.com>