



# Home, sweat home

Five tips for reaching your fitness goals by creating a home gym

by LISA A. BEACH



## COSTCO CONNECTION

A variety of exercise equipment is available in the warehouses and at Costco.com. The Echelon Fitness EX-4S on page 51 (Item 1485850), is available in Costco warehouses only.

**W**ith many fitness studios and gyms shut down or limiting capacity, many people are wondering how (and where) to exercise. But just because the pandemic has altered daily life doesn't mean you need to abandon your health goals.

"Setting up a home gym or having a dedicated space for exercise is a great way to prioritize your health and wellness and eliminate the barrier of not having the space or equipment to exercise," says Chris Gagliardi, a medical exercise specialist with the San Diego-based American Council on Exercise, and a Costco member.

Plus, it doesn't need to be complicated or cost a lot, says Stephanie Jeffrey, executive director of the Manitoba Fitness Council in Winnipeg, Manitoba. "Simple exercises like jogging on the spot can work," she points out.

Follow these expert tips to create a motivating, effective and affordable home gym.

**1 Determine your goals.** Establish your fitness goals and determine what tools, resources and equipment would best support your efforts.

"The goals you have may make the difference between purchasing cardio or strength training equipment or a combination of both," explains Gagliardi.

If you crave accountability, camaraderie or instruction, consider tapping into your local gym's resources, suggests Jeffrey, a Costco member. "Many gyms offer online classes now," she says. "And the scheduled classes might help you stick to a consistent workout routine."



© MARIDAV / STOCK-ADOBE.COM

**2 Create a budget.** Be realistic and start with your goals, making smart purchases that support your efforts and work with the space you have. Start by stocking some basic equipment, such as a jump rope, resistance bands and dumbbells. Then, expand your home gym as your fitness evolves and your budget allows.

“You could easily set up a small home gym without breaking the bank,” notes Jeffrey.

**3 Buy the right equipment.** “When working within a budget, multiuse equipment may be a good option,” advises Gagliardi. For example, you can use resistance bands to strengthen your arms, legs and core. What’s right for you depends on your health, goals, budget and space. Gagliardi suggests options ranging from a treadmill,

elliptical or stationary bike to a medicine ball, exercise ball or squat rack.

Jeffrey recommends basics such as a mat (for yoga and pushups) and a few hand weights in varying increments (think 5- and 10-pound weights). If you’re tight on space or storage, opt for dumbbells or kettlebells.

**4 Personalize your space.** Whether you designate an entire room or just a corner of your bedroom, your workout space should reflect your personality, preferences and health goals.

“Good ventilation, music, mirrors, flooring, aroma, lighting, view and distractions can all make a difference,” notes Gagliardi. “Give priority to the areas that will help build your success.”

Try adding a fresh coat of paint, putting a Bluetooth speaker on the shelf or adding a few plants to help create the ideal space. Jeffrey suggests going to your favorite health or fitness websites, printing some of the workouts and hanging them on the wall for reference.

**5 Motivate yourself.** Are you inspired by certain colors, imagery, music, smells or cleanliness? “Create a space that will foster activity and creativity,” suggests Gagliardi. “A whiteboard can be a good purchase because you can write out your daily workout plan.”

Other ideas? Stencil inspirational quotes on the wall, says Jeffrey, or hang before-and-after photos of yourself.

Working out in the safety and comfort of your own home might be the perfect solution to staying healthy during these uncertain times. ■

Lisa A. Beach (lisabeachwrites.com) is a freelance writer in Orlando, Florida.

## Safety first

When creating a home gym, safety should be the No. 1 concern.

Think of the amount of space you have for the equipment you want to use, taking into account the manufacturer’s recommendations for space needed.

Larger pieces of equipment (like treadmills or stationary bikes) obviously need more space. But don’t overlook the movement and range of motion involved with smaller pieces of equipment (like mini-trampolines or weight benches).

Also, consider the placement of electrical outlets and cords, equipment size (and maintenance) and the risk for harm to others in your household. Be aware of potential risks, such as tripping hazards or accidental injury.—LAB



COURTESY OF ECHELON