

## Fitness Centers Aren't Just for "Kids"

**If you're new to exercise, you might be reluctant to join a fitness center or exercise program at your local senior center.**

You may have not-so-fond memories of high school gym class. Or you may think that the fast pace and large numbers of people might be too much. Here are a few tips to help you feel more comfortable.

### Look and Listen

- Ask for a tour of the center and the exercise equipment.
- Talk with other members your age about their experience and how comfortable they feel at the center.
- Talk with the staff about their experience working with older adults.
- Ask if they offer special help for new exercisers or people who've never exercised in a fitness center before.

### Check Out the Programs and Classes

- Does the center offer classes for seniors or classes just for women or just for men?
- Does the center offer classes in the middle of the day, when things will be less crowded and busy?
- Are there half-hour as well as hour-long classes or programs?
- Does the center offer a variety of classes so that you can try out new exercises?

### Other Tips to Help You Feel Comfortable

- Go to the center with a friend.
- Don't pay attention to what others are doing. Focus on your own workout and have fun.
- Don't worry about wearing the latest fitness fashion. Wear comfortable clothes that allow you to move.



### Quick Tip

Ask if it's possible to have one or two trial sessions to see if a fitness center or exercise program is right for you.

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.

"I found a fitness center that offers classes just for seniors. That helped me feel more comfortable."

— Linda, age 63



**National Institute on Aging**

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