



## TABLE OF CONTENTS

|   |    |
|---|----|
| Guidelines For Finding A Fitness Club.....  | 2  |
| Fitness Center: How To Choose The Fitness Center For Your Life.....               | 3  |
| Fitness Center: The Mecca For Good Body And Health.....                           | 4  |
| Meeting Your Fitness Needs ... ..   | 5  |
| 24 Hour Fitness Path.....   | 6  |
| 24 Hour Fitness Centers And Clubs: Providing You With A Healthy And Fit Body..... | 7  |
| 24 Hours Fitness: Not Getting Uncommon.....                                       | 8  |
| 24 Hours Fitness Center: Freeing You From The Stress Brought By Time.....         | 8  |
| 24hr Fitness Made Possible.....   | 9  |
| Fitness Depot: Providing You With Your Every Fitness Needs.....                   | 10 |
| La Fitness In Perspective.....  | 10 |
| La Fitness: Making Fitness A Part Of Your Daily Life.....                         | 11 |
| The Fitness Planet In This Part Of The Planet.....                                | 12 |

## **GUIDELINES IN FINDING A FITNESS CLUB**

Fitness clubs are effective motivators. They should motivate us and not frustrate us. Before you choose a fitness club, make sure that it suits your needs and goals. You should first learn and decide on what are your priorities, then, you will know what you need in a fitness club. Here are some guidelines you can consider in choosing a fitness club that is best for you:

### **1. Where is it located?**

Location is the first thing that you should consider when finding a fitness club. If the club is far from your home, you'll use it as an excuse not to work out. It is best to find a facility that is near your home.

### **2. Are the employees friendly, nice and willing to help you reach your goals?**

Make sure that the instructor has the necessary experience to work with you. The instructor should be a certified professional that can work with you safely and effectively. Your instructor should also know if you have physical limitations or you may find an instructor that is well trained to work with you. You can also check the age of the instructor especially if it is one factor for your motivation and learning. The staff should also be helpful, friendly and professional. You can also ask the services they offer and find what is important for you. Some facilities have their own dietician and physical therapists that can offer services for you.

### **3. What kind of programs does it offer?**

Find time to see what programs are there for you and check if they suit your interests. Do they offer group classes? Choose the facility that offers the classes you really like. You can do a trial class to check it out if you want.

### **4. Are the facilities and equipment good and will they be available anytime that is most convenient for you?**

Check if the equipment is enough for all members. Otherwise, you will waste your time falling in line and waiting for your turn. Also make sure that the facility is open during the time you are most likely to do work outs and exercises.

### **5. Is the entire facility well maintained, clean and safe for you?**

Machines and other training facilities should be in clean and good working order. If you see a lot of "out of order" signs, it could be something to think about. Modern equipment is safer and more comfortable to use, so you may also want to consider that. Are the floors cleaned regularly to avoid accidents? Is there enough room for everyone?

### **6. Are the members of the club friendly and can they become your friends?**

The fitness club is also a venue for social interaction. Take time to drop by and meet the members of the club before you enroll. Other members can be your buddies in the near future and should be considered.

### **7. What is the schedule of classes and will they be convenient for you?**

Find out what classes are offered at a specific time and consider if you will be available at the schedules given.

### **8. How much would it cost you?**

It is important to know the monthly membership fee and what it covers. Some fitness clubs have hidden charges and you should be keen in checking that. Check if they have promotions or discounts and do they offer services at an extra fee. It is also important to know how long the club has been and how often they increase rates.

#### **9. How is it different from other fitness clubs?**

Don't just stick to one fitness club. Try to visit as many facilities as you can and make a comparison. Then you can narrow down your choices to the facilities that met your needs and priorities.

#### **10. What do people say about it?**

Take your time to gather feedback from other members. Ask them what they can say about the club and let them tell you about the experiences with the facility.

Choosing a fitness club is just like shopping on the best shirt for you. Do not be pressured and do not try to contact them right away. You can take your time to review and gather enough information if you are still not sure which one to choose. Once you have made your choice, enjoy and make the most out of it.

### **FITNESS CENTER: HOW TO CHOOSE THE FITNESS CENTER OF YOUR LIFE**

In reality, you really do not have to spend a lot of money on expensive health club or fitness center memberships, treadmills, or the latest fitness gadget to get moving. However, some people find that if they make a monetary investment, they are more likely to follow through on fitness.

Fitness centers are, basically, built to provide people the proper fitness equipment, trainings, and other devices needed to keep an individual physically fit.

However, not all fitness centers are created equal. In fact, there are fitness centers that require their members to sign some contracts, which in the end will not be easy to cancel. Hence, it is important to know the characteristics of the fitness center that will work best for you.

Here is a list of some tips that you can use:

#### **1. Make your mind up on things that you need**

Before you choose a fitness center, you should first know what your needs are as far as physical fitness is concerned. This will determine the kind of fitness center that you will find. For example, if you are into sports fitness rather than the typical physical fitness activities like aerobics, then it would be better to choose a fitness center that has sports facilities and not just treadmills.

#### **2. Do not forget to shop around**

It may sound like a cliché but it really pays a lot to a person who shops around before deciding on something. Hence, when choosing fitness centers, it is best to do some shopping first and get to compare the prices, charges, and the facilities available in a health club. This way, you get to choose the best and yet affordable fitness center you could ever find.

#### **3. Consider your budget**

It does not necessarily mean that just because you have plenty of money, you will eventually give in to a fitness center that you have first encountered. It is best that you have a budget to follow so that you will know where to focus your finances before you decide on signing-up for a fitness center. Just remember, you want to work out for your body and not working out something that you will soon be in debt just because you forgot to stick to your budget.

#### **4. Know where your money goes**

If it makes you sweat and lose the fat, fine! Make sure that whatever fitness center you have chosen, it is important that you get what you have paid for.

### **5. Be wary of the physical attributes and characteristics of the center that you wish to enroll in.**

Make sure that the fitness center that you have chosen is clean, properly ventilated, and complete with all the amenities that you need. Be sure also that the equipment the fitness center has are all in good working condition. Never use fitness equipment that appears to be worn out. This will only cause more harm than good. All of these things are boiled down to the fact that a fitness center does not have to be a perfect fitness center. What matters most is that the fitness center that you have chosen is good enough to generate good results in your body.

## **FITNESS CENTER: THE MECCA FOR GOOD BODY AND HEALTH**

Maintaining a physically fit body is vital to being healthy. Fitness centers can help us to keep in shape. In a fitness center, you would find lots of equipment in which you can physically exercise.

Below is a listing of the equipment and programs commonly found in a fitness studio:

### **Treadmill**

This is a piece of sporting equipment that allows the user to run without actually moving a distance. The word treadmill is used to refer to a kind of mill which is run to grind grain. The treadmill operates by the principle called belt system in which the top side of the belt runs to the rear so that the runner could run the same distance. Therefore, the speed of the treadmill can be measured or set since the rate of the belt equals the rate of the runner.

### **Weight training**

Weight training is under the strength training program designed to develop the size of skeletal muscles and physical strength. It uses the principle of gravity; the trainee's force would be used to oppose the pull of the earth. This weight training makes use of different kinds of equipment to develop specific groups of muscles. Dumbbells, weighted bars or weight stacks are the most commonly used.

### **Cycling**

Cycling is commonly done by people who want to improve their cardiovascular health and fitness. In this view, cycling is particularly beneficial for those suffering from arthritis and for those who are not fitted to play rigid sports like running which require strength of the joints.

### **Swimming**

Swimming is a very good exercise. Swimming is also usually recommended for those who with disabilities or who want to rehabilitate after injuries.

### **Racquetball**

Racquetball is a sport game where racquets are used along with a hollow rubber ball. This can be played either in indoor or outdoor courts. Unlike other racquet sports like badminton and tennis, the usage of the floor, ceiling, and walls of the court is legal instead of out-of-bounds. Two players are involved in the game, although some variations of this game have three and four players.

### **Aerobics**

Aerobic classes usually include stepping patterns, done with music and signals directed by an instructor. Research shows that aerobics is one of the healthiest exercises. Aerobics, literally meaning "with oxygen", helps the body to use and consume oxygen more efficiently by training the lungs and heart. This helps to reduce stress and to control weight.

### **Basketball**

While this very common sport is an indoor game, other variations have been popular as this sport can also be played outdoors.

### **Yoga**

Yoga focuses on meditation. It is considered as a way to both spiritual and physiological mastery.

### **Martial arts**

Martial art is structures of arranged traditions and practices of combat training. Martial arts today are not just being learned for combat purposes, but also for fitness, self-defence, mental discipline, self-cultivation, and character development.

### **Physical therapy**

Physical therapy deals in maximizing and identifying movement potential in promotion, treatment, prevention and rehabilitation. This includes services that are concerned with circumstances where function and movement are threatened by injury, disease, or ageing.

## **MEET YOUR FITNESS NEEDS: FINDING THE BEST HEALTH CLUB MEMBERSHIP**

When a person needs improvement, they think of a much better way to achieve their desired results. For example, get fit and maintain it by considering a health club membership. But doubting sometimes cannot be denied since a lot of stories can be heard regarding people who have already signed up. They are active for more than two sessions and never showed up again.

It is very complicated to purchase and maintain a membership in a health club. But there are guidelines that can help you save money and achieve your fitness needs.

### **1.Set up your priorities by listing specific fitness wants and needs.**

It can include options such as joining a large health club that is open for both males and females, getting access to other clubs, joining an exclusive service for personal training, assessing the frequency of workouts every month, thinking of how to maintain a fitness regimen, and budgeting the money for paying a monthly health club membership.

### **2. Visit the health clubs once you requirements are identified.**

Take advantage of the free passes from these clubs and workout more often upon free periods.

### **3. Never sign up a health club membership unless your free passes are over.**

Sometimes managers and sales people can pressure you and encourage you to sign up to take advantage of the discounted price. Don't be in a hurry since discount pricing is offered by health clubs all the time.

### **4.If you decided to join, talk to the sales person regarding membership choices.**

Never be afraid to sign up a long term health club membership contract. This contract is an installment loan and paid with higher interest rates. But if you think you cannot maintain such payments, never sign the contract. Instead collect all written information and go home. Review it during your leisure time.

### **5.Ask the sales person everything you want.**

Never feel pressured or rushed. Don't forget that your signed contract supersedes any sales person promises. Although everything is written in the contract, these are not legally enforceable. Carefully read the terms and conditions before signing.

### **6.Make comparisons with every type of membership.**

Your ultimate decision must answer your needs not basically for availing the short term discounts. It may appear like you are saving money. However, in the end it can cost you a lot.

**7. Make sure that cancellation requirements on the health club membership are fully understood.**

Cancellation of most health clubs with long term contracts are often impossible. Choosing a monthly contract can be a good solution.

**8. Never consider automatic payments through credit cards.**

It can be very difficult to stop the payments once you have decided to cancel your membership.

**9. Always check all your paid accounts.**

This is important in case disputes arise with the health club.

**10. When you cancelling your membership, make sure that you obtain it in written form.**

Making the right choice depends on how good you are in assessing these guidelines to benefit from all the advantages of a health club membership.

## **24 HOUR FITNESS PATH**

The 24 Hour fitness center is your one stop shop to everything about fitness and well-being. Imagine it as the Wal-Mart of the fitness industry. All of them have equipment which caters to weight training, cardio vascular equipment and a variety of fitness gear is also available. 24 Hour fitness centers all have locker rooms and – believe it or not – some even offer babysitting accommodations. Over all, the 24 Hour fitness center is a complete, clean and extremely well maintained facility that can cater to all your fitness wants, needs and preferences.

It is very easy to get started on your path to fitness. 24 Hour fitness centers have over three hundred clubs located in the whole nation and are open for twenty four hours. There is no long term contract to sign up in. You have the option to pay monthly, but you are offered a complete personal training package that suits your body type, body weight and built so you are ensured with a service that is truly personalized.

### **Which club do you belong in?**

24 Hour fitness centers give you the option to choose the specific type of club that you desire. The active club involves a group exercise as well as free weights and cardio machines to work off that fat. The sport club also includes everything in the active club but with additions such as basketball, heated pools and whirlpool. The super-sport club also includes the amenities found those in the active club and the sport club but with more additions such as massage, a sauna as well as a steam room. The ultra-sport club is the works. It includes most of the amenities found in the active, sport and super sport club, plus a day spa, courts for racquetball as well as an executive locker room.

### **The Path to Performance**

It all depends on what you want to achieve. In 24 Hour fitness centers, a uniquely specialized fitness program is available to anyone who simply wants to improve their performance in a specific sport or is seriously training for competition. The program is designed by athletes. The Performance program includes a menu plan specifically customized for those intense workouts. A resistance training is also available as well as a full cardio workout. After your exercise, a metabolic rate test is conducted.

This program is designed for those who want to get started as soon as possible but have no clear and specific idea how. This is clearly the best option because all the information on nutrition,

resistance training is learned through the program. This is the foundation one needs in order to have the results that will last your body a lifetime.

### **The Components of Fitness**

A regular or an intense workout is just part and parcel of your path to health, fitness and well-being. There are other factors that should just as well play a part and which 24 Hour fitness centers teach you.

Food is one of them. A menu is provided to those who follow the performance path. This details what you should or should not eat, or at least eat less of, if not completely avoid. Cardio is also one, as this enhances your endurance to stress and exercise. Vitamins and supplements are a necessity unless you are sure that you are able to receive the proper amounts of iron, calcium, vitamin C, D or E in a day. Resistance training is a feather in your fitness cap and is a necessary tool for being healthy, wealthy and wise.

### **24 HOUR FITNESS CENTERS AND CLUBS: PROVIDING YOU WITH A HEALTHY AND FIT BODY**

If you like staying fit, you have to consider going to the gym or health clubs in order to stay healthy and maintain a well-toned body. However, you have to realize the fact that not all health clubs and fitness centers offer great quality services that will provide you with positive results. When joining a fitness center or a health club, you have to make sure that the fitness club you join isn't only after your money. It should provide great quality service that will enable you to see positive results in the quickest time possible.

One kind of fitness center and health club is 24 Hour Fitness. They have different fitness programs for different people that will enable their clients to get results as quick as possible. 24 Hour Fitness is one of the leading fitness centers in the world. They only hire professional fitness experts in order to assist you with your workout needs and they also hire qualified nutritionists that will advise you on what kind of food you should eat and what to avoid.

They have programs that have been proven to be effective and they also offer their membership at a very affordable cost. They have different fitness programs for different people and they even have membership for the whole family. Their fitness plans are proven to be very effective and they have professional fitness trainers that can assist you, your family and friends to have a better body and a better health.

If you have experienced fitness centers where there are incomplete equipment and existing equipment are obsolete, rusty or difficult to use because of maintenance problems, you have to consider becoming a member of 24 Hour Fitness. They offer state-of-the-art exercise equipment and complete amenities that are well-maintained. This means that you avoid the frustration of working out in unreliable exercise equipment or waiting for your turn at a machine.

24 Hour Fitness can be found almost on every continent and you won't have any difficulty locating one. They also offer different kinds of workouts that will suit your needs and one that you can easily adjust to. 24 Hour Fitness is also a participant of the Passport Program where you can work out in other fitness centers. All you need to do is show your 24 Hour Fitness Passport Program ID, pay the fee and you can work out like you are a member of that particular club that is also a member of the Passport Program.

The Passport Program can be very useful if you are traveling and you can't find 24 Hour Fitness in that area. This means that you can work out anywhere in the world. With over 3000 fitness clubs all over the world that are participants in the Passport Program, you can be sure that you can still workout even if there isn't a 24 Hour Fitness Club near the area you are traveling to.

Working out at 24 Hour Fitness is fun, easy and can provide you with positive results in your body and also in your health.

### **24 HOURS FITNESS: NOT GETTING UNCOMMON**

Americans are said to be the most unfit people throughout the world. This notion is rooted from the fact that many of the American populace suffer from obesity because Americans are fond of their fast food restaurants.

Good exercise is known by everyone as being vital in maintaining good health. This is more ideal when taken along with a good nutritional plan. The populace of the United States is advised by their doctors to lose their weights. In this way, they will be able to evade the other threats on their health, like heart ailments and diabetes.

As a result, 24 Hour Fitness centers have started to prosper. It is in this place where the term fitness is branded. In the United States alone, several numbers of 24 Hour Fitness sports centers already exists. What makes 24 Hour Fitness sport popular is the fact that it gives more time to do exercise. It's even more convenient for those who do not have the time of day or who work odd hours. The centers of 24 Hour Fitness sports, as its name implies, operates 24 hours. Because these centers give more time for people to exercise, they become more and more fond of it. In fact, more and more of these centers are opening up in the United States now. Americans appear to be addicted to fitness. They want to be fit and healthy.

The 24-Hour Fitness sports centers offer a multitude of activities: swimming, racquetball, spa, tennis, weight training, bicycling. The fitness instructors at these centers plan the appropriate exercise as well as nutritional plans suited for each client's needs. When your doctor gives you a physical report, you can present it to your fitness instructor. Your physical report will guide your instructor to design the best fitness program along with a nutritional plan that fits your needs. No doubt, 24 Hour Fitness sport centers help people to achieve their want of a beautiful body, here it can be achieve in a healthy manner. No need to undergo into liposuction to trim those fats. Exercise is enough to burn them all in good shape. In addition, 24 Hour Fitness sports centers are also a place where one can meet and mingle with different types of people; a great place for socializing. This is also one of the reasons why more people are exercising in these types of centers, and why they make it part of their routines.

### **24 HOURS FITNESS CENTER: FREEING YOU FROM THE STRESS BROUGHT BY TIME**

You can be sporty though you are not a bona fide sportsman and be healthy enough to fight disease; You can have fun and meet new friends, simply by having your exercise regimen at a 24 Hours Fitness center. 24 Hour Fitness centers offer all of these possibilities

This type of center presents flexibility; this has become the Mecca for many of its patrons. The fitness here, as its name implies, go for 24 hours. Here, the people who seem to be very occupied by their work still have time to ensure their health through exercise. Whenever they find time, they only need to go to the center and attend a class; even in the middle of the night, or perhaps, before dawn. The fitness class schedules are very convenient for the clients. According to the fitness instructors, the centers play a vital role in molding the attitude of its clients and should be given emphasis.

These centers also shape the strong willingness of its regulars and a developed significant moral conduct. They help in developing the self-confidence and determination of their regular clients. However, these centers still prioritize on its significant contribution in building a physically fit body and good health to its clients.

The instructors believe that through shaping the moral conduct of their clients, it alone will provide enough motivation in to vigorously pursuing and achieving their goals. They perceive that the right amount of determination is more effective as compared to any of the finest fitness equipment available in improving the body. Just as the muscles become more firm, the amount of determination also gets more compact. And as the body achieves a beautiful shape, it is directly in proportion to the efforts that have been exerted during the training. Because of these facts, 24 Hours Fitness centers are undeniably popular now to more people. These centers play a big part in improving ones perception of their life. In a simple way, these centers develop the inner and outer strength of their clients. 24 Hours Fitness centers are high in quality when it comes to the equipment they use. At the same time, the fitness instructors always aim to meet the needs of their clients, especially for the amateurs.

### **24HR FITNESS MADE POSSIBLE**

Nowadays, a great number of people are greatly emphasizing the growing need of feeling good, looking good, and living longer. Scientific evidence has revealed that exercise and fitness are among the keys to achieve such ideals. If you're a person tagged as a 'couch potato' or if you have a deskbound job, you will need sheer determination, commitment, and dedication to incorporate exercise/fitness in your day-to-day routine. The truth is you're not too young, old, or unfit to start exercising. Regardless of gender, age, or your family role, you can expect a great deal from regular exercise

If you're not committed to it, you will get nowhere. Once you've committed to achieve the 24 hour fitness, you must start having a balanced diet combined with exercise. This will help in providing you generally with good health. Aside from that, chronic illnesses can be prevented as well as premature death or disability.

Some of the benefits that you'll obtain from practicing 24 hour fitness are:

- Improved health and well-being
- Improved appearance
- Increased stamina
- Enhanced social and emotional life

Ofentimes, physical activity isn't a part of an individual's daily life and so getting moving can be a big problem. Most of today's jobs require minimum physical exertion. Our society is mechanically mobile and machines do almost all the hard work. Many people prefer to observe how things are done for them, including children. Statistics reveal that more and more health problems like obesity, diabetes, and other health conditions are rising. But don't lose hope yet because preventive medicine still works. One very good preventive measure is to practice 24 hour fitness, so keep moving now.

If you want start your 24 hour fitness regimen, experts usually recommend getting a maximum of 30 minutes of physical activity. Make sure that you do it moderately every day. You can do cycling; brisk walking, swimming, and/or just keeping yourself busy with household chores and repair. If you think 30 minutes is way too long, then you can always shorten activities to ten minutes at a time as long as it totals to 30 minutes per day.

Following a program can be very hard for the average individual, so instead you must decide to change a huge part of your lifestyle especially your unhealthy ways. This way, you can

incorporate permanently all the necessary factors that contribute to 24 hour fitness. As you use your muscles, you're actually contributing to fitness unknowingly. You can't achieve fitness overnight; you must be able to do it gradually. Move from one simple activity to a vigorous activity. However, if you have an illness like that of cardio, it would be best to check first with your doctor. The same is also recommended for people over 40 years of age with high risk factors. If you want to achieve 24 hour fitness that will last for a lifetime, you must have consistency. Enjoy your exercise activities and never think that it's an obligation on your part. Instead, think of it as a way to live longer.

### **FITNESS DEPOT: PROVIDING YOU WITH YOUR EVERY FITNESS NEEDS**

Having a fit and well-toned body also means having a healthy and sexy looking body. You have to consider the fact that because of the alarming increase of heart related diseases, obesity and diabetes, it is very important for many people today to integrate a health plan in their daily life by eating the right kinds of food and also by exercising.

One of the most popular ways to get a healthy body and have your daily exercise routine is by exercising in the gym. However, there are also a lot of people who don't have enough time to go to the gym because of their hectic schedule. If you are a single or a full time parent, you have to consider that going to the gym also means that you have to leave your children at home or take them to the gym and not get the proper exercise because of minding your kids. Purchasing some home gym equipment where you can work out right in the comforts of your own home can ease some of these stresses.

There are different gym equipment retailers available all over the country and one of the most popular and also one of the most preferred fitness equipment retailers is Fitness Depot. They offer different kinds of fitness equipment of different brands. They have fitness equipment for cardiovascular exercises, strength training, and they also offer different accessories to make working out more fun and more enjoyable experience.

Fitness depot is the largest fitness equipment retailers in Canada and this company also offers gym equipment all over North America at a very affordable price. You have to consider that putting up your very own home gym will require you to invest a lot of money. Gym equipment is naturally expensive and you have to realize the fact that in order to have a proper full body workout, you have to purchase several pieces of equipment that concentrate on specific parts of your body.

Fitness Depot was founded by Marc Dubois and Edwin Cameron back in 1993. The first store was located at 40 Ronson Drive, Toronto, Canada. Because of the popularity, the company became North America's choice for fitness equipment and up until today, the original Fitness Depot retail store is still open.

If you want to build a perfect home gym that can give you a great looking body, you have to shop for fitness equipment with Fitness Depot. Here, you can be sure that you will get the perfect fitness equipment for you to build your very own personal home gym and get that body you want at a very affordable price.

Besides, the way you live your life will depend on your body's health. By investing in home gym equipment, you will also invest for a healthier and better looking body.

### **LA FITNESS IN PERSPECTIVE**

Many people have already realized the importance of employing physical fitness for the body, particularly those that have certain kinds of diseases, start exercising for the sole purpose of losing weight. When the pounds do not drop as quickly or as completely as they would like, they get discouraged and give up. If you take away any advice about exercise and certain illnesses, let it be this: Even if you do not lose weight, your investment in exercise is still paying off in reduced heart disease risk and better blood glucose control.

Moreover, exercise simply makes you feel better, both physically and mentally. Your energy level will rise and the endorphins released by your brain during exercise will boost your sense of well-being. The motivating factors here is that you should never give up before you really get started. You owe it to yourself to keep going.

With the start of the Internet, information regarding these fitness centers is gradually dominating the Internet. Take for example LA fitness. It has its web site readily available, 24-hours a day, to anyone who wish to get some information regarding physical fitness. LA fitness is a conglomeration of different fitness centers in the United States.

Since its inception in 1984, LA fitness, as the sole owner of the different fitness clubs in the U.S., has continuously operated and managed the different sports clubs in Arizona, Georgia, Florida, California, Pennsylvania, New York, Texas, Connecticut, Washington, and New Jersey.

It continues to grow and expand its territory as it plans to have 135 additional fitness centers and sports clubs in the country. It aimed to operate new techniques and services for their new markets. Therefore, for people who wish to know why LA fitness always rings a bell, here are some of the reasons why it became as popular as it is today:

### **1. Commitment to service**

The best thing about LA fitness is that its management and staff are committed to bring forth the kind of service that their clients deserve. They provide their clients with facilities that are totally way above the rest. They also modify and develop their existing fitness equipment in order to give their clients the needed satisfaction as far as physical fitness is concerned.

### **2. Fitness programs**

Another best thing about LA fitness is that they continue to provide their customers with the right and appropriate fitness programs that would truly drive their clients to a healthier life. They have incorporated the concepts of yoga, indoor cycling, aqua aerobics, Pilates, and kickboxing among others. They have also employed the utilization of sports activities as part of their health and fitness programs.

With their sports fitness, they also have their own tournaments and leagues, which foster camaraderie and sportsmanship among their members. In turn, these additional activities provide better alternatives to those who do not wish to be constrained on aerobic activities alone.

### **3. Revolutionary approach in aerobics**

Like any fitness centers, LA fitness has its aerobic programs as the main attraction on their programs. The only difference that LA fitness makes is that they focus on utilizing revolutionary approach to their aerobics programs. This, in turn, provides their clients with a better way of losing weight and maintaining a healthy, physically fit lifestyle.

Best of all LA fitness provides optimum customer satisfaction to their clients from the very start that they enter their clubs and centers. Indeed, staying healthy and maintaining a physically fit body is possible in LA fitness clubs.

## **LA FITNESS: MAKING FITNESS A PART OF YOUR DAILY LIFE**

When you visit your doctor, they will always advise you to exercise and eat right. You hear this phrase almost every day from doctors, and even in TV and radio advertising. You have to consider taking this advice because it is very good advice. Exercising is the most natural way of losing that extra flab in your body and it is also the best way to keep your heart healthy. By combining exercise with the right kind of diet, you can be sure that you will be able to keep fit and healthy.

You can never deny the fact that exercising can be quite boring. You also have to consider the fact that exercising will not produce immediate and visible results after a few weeks of doing the same exercise routine every day. Because of this, people tend to simply give up exercising and just lie down on their comfortable recliner and watch TV all day. Besides, this is a better way to spend your day than getting tired doing exercise routines that doesn't even show any results, right?

If you answered yes then you are wrong. You have to consider that because of the alarming increase of heart related diseases, you have to consider starting exercising in order to keep your heart healthy. Exercising is needed by your body in order to let it function properly and not acquire any unwanted diseases. So, how can you make working out fun?

The answer to this question is by getting fit with LA Fitness. LA Fitness is a well-known fitness establishment that will provide you with all your fitness needs. They have fitness professionals who will be able to assist you with your workout. The best thing about LA Fitness is that they provide different kinds of fitness activities that you will surely enjoy.

If you enjoy swimming, LA Fitness provides pools for you to swim in. They also have racquetball courts and even basketball courts. You have to consider the fact that exercising on machines alone can be quite boring. Because of this fact, LA Fitness has integrated different kinds of sports in their fitness program for you to enjoy and play with your family and friends. They also have different cardio and weight machines for people who prefer this kind of exercise.

Another great thing about LA Fitness is that everybody is welcome to be a member. Whether you are a beginner or advanced in terms of fitness level, you can be sure that someone in LA Fitness will be able to help you with your workouts and the staff will also give you an exercise plan that is suitable for your fitness level.

With LA Fitness, you can be sure that you will be able to have fun while getting fit with their different fitness activities integrated in their fitness programs. The next time you get bored in a regular gym because of the regular routines, you should consider becoming a member of LA Fitness and experience getting fit while having fun.

### **THE FITNESS PLANET IN THIS PART OF THE PLANET**

There's Gold Gym, Peak Fitness, and a string of other fitness centers and health clubs that are opening up their doors for everyone. And then, there's Planet Fitness. Planet fitness is a chain of fitness centers in the United States. Known for its 'Judgment Free Zone', it caters to the common person or the fitness neophytes who may feel conscious about their fitness needs and requirements.

The fitness club offers choices on exercise equipment and personal trainers who can assist members in their work-outs. There are a wide variety of machines aimed to build cardiovascular ability. Planet fitness centers offer a generally low price to its members. Those interested can take advantage of a \$15 membership fee every month. Other perks of this fitness club is a Black Card membership that allows the member to use the facilities for free. There's also a guest

allowance per day, a 50% discount on cool drinks and unlimited tanning for those enrolled in their home clubs.

There's a Planet Fitness Co-ed Zone and more private club for the women, the Women Zone. These innovations in programs offer a work-out package which includes a complete fitness assessment upon enrollment. In the assessment, the individual's fitness needs and requirements are analyzed, and they are given an exercise recommendation based on the results of the analysis. There are also 'acceleration' programs to speed up the individual's work-out plan, based on the results of their initial work-out programs. And as maintenance is important, the club also offers private personal training sessions where members can benefit the services of personal physical fitness trainers.

On the other hand, the club underscores a number of exercise rules and etiquettes that need to be observed among members and users. The club prohibits compound barbell exercises like deadlifts and bent over row exercises. Dumbbell use is restricted to a maximum of 80 pounds. The use of magnesium carbonate in heavy lifts is also prohibited. Exercise etiquette is strictly observed, which means no grunting, swearing or loud psyching up rituals. Excessive noise from bar drops is also prohibited. Members are warned of such violations by an alarm that rings every time a member breaks any of the rules.

And while some may see these rules as restrictive and ironic for a 'Judgment Free Zone', many are still willing to go for the club's reasonably-priced program, wide choice of exercise equipment and the other amenities the club offers.

The choice of enrolling yourself in a health and fitness club or gym like Planet Fitness is really yours to make. Serious fitness buffs would like to benefit of the amenities, the equipment, and the professional guidance that a gym like Planet Fitness offers. Of course, Planet Fitness tailors its services to the more sensitive, first-timers. But just like any other fitness and health club, Planet Fitness aims to serve you first, your body and your health!