



Kick up your heels with an at-home workout.

A Gym of One's Own

Whether it's convenience and privacy you want—or just the ability to climb out of bed and exercise in your pj's—working out at home can be a great way to get and stay in shape without the hassle and expense of going to a gym. In his book, *The Complete Home Fitness Handbook*, the late exercise physiologist Edmund Burke, Ph.D., offered these tips:

- Set up your gym in a comfortable, open, and clutter-free space where you have enough room to exercise safely. Limit distractions like telephones and pets, which can break your concentration and prevent you from focusing on your workout.
- Add a mat or thin carpeting to the floor for comfort and safety.
- Outfit your gym with the tools necessary to get a complete cardio, strength, and flexibility workout. If money is a concern, budget-wise items like jump ropes, medicine balls, exercise bands, and dumbbells can replace expensive treadmills and weight machines.
- Install a mirror so you can check your form, and make sure you're doing exercises correctly.
- If you want to supplement your workout with exercise videos, add a TV with a VCR or DVD player.
- Don't forget the tunes. Studies show that listening to music enables you to work out longer and harder, so equip your gym with a stereo or Walkman. —Meaghan Clawsie

