

How to pick a gym

SOT

Clare Spires

OSF HealthCare exercise physiologist

"I'm a checklist person. So write it down and make it one thing you can check off for your day. Set an alarm on your phone. Have someone to go with you and motivate you. Give yourself a prize at the end of the week [for meeting workout goals]." (:15)

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"Are the locker rooms and bathrooms clean? Do you see staff going around and cleaning equipment? Are they dusting?" (:09)

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"Talk about that up front with gym staff. Read the fine print. If you go to a smaller, locally-owned gym or a recreation center [as opposed to big chain gyms], those are going to be easier to pay month-to-month." (:16)