

How to pick a gym

RUN TIME - :32

ANCHOR LEDE

You've made the resolution: you're finally going to get fit.

For some, motivation or mobility aren't the problem. It's logistics. How can I find a workout location that fits my needs?

Tim Ditman of OSF HealthCare spoke to an expert to get a "gym-picking" checklist.

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OSF exercise physiologist Clare Spires says to consider distance from home, equipment available, hours, crowd size, cleanliness and price. And remember those gym contracts can be tricky to cancel.

\*\*\*SOT\*\*\*

Clare Spires

OSF HealthCare exercise physiologist

**"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." (:14)**

I'm Tim Ditman.

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You can also get the scoop on a gym from family, friends or other gym goers. Read reviews too, but take anything you see online with a grain of salt.