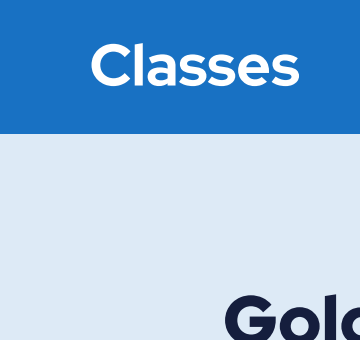


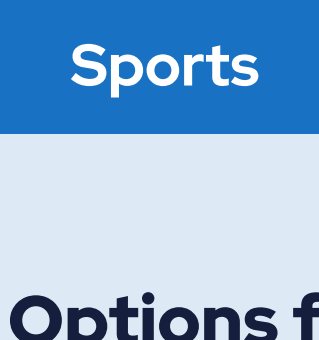
Overcoming Gym Phobia For a Fit Retirement Life

50% of Americans fear going to the gym. You don't have to be one of them.

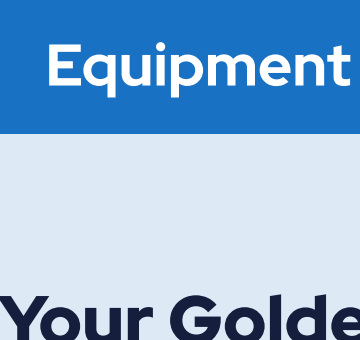
Options Available at Most Gyms



Classes



Sports



Equipment



Amenities

Golden Options for Your Golden Years

- Yoga
- Pilates
- Tai Chi
- Zumba
- Tennis
- Racquetball
- Stationary bike
- Water aerobics
- Hot tub
- Sauna

Exercises for Specific Health Concerns



Arthritis Pain



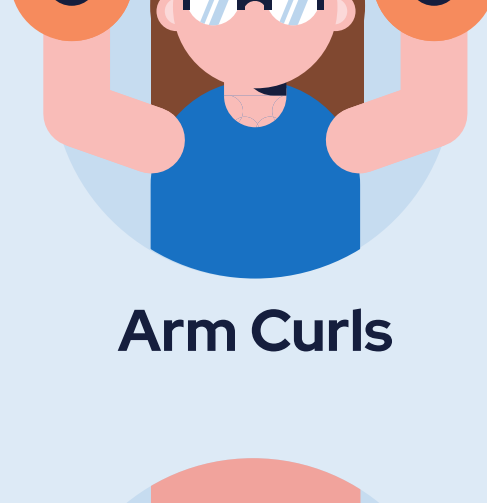
Balance Issues



Lack of Strength



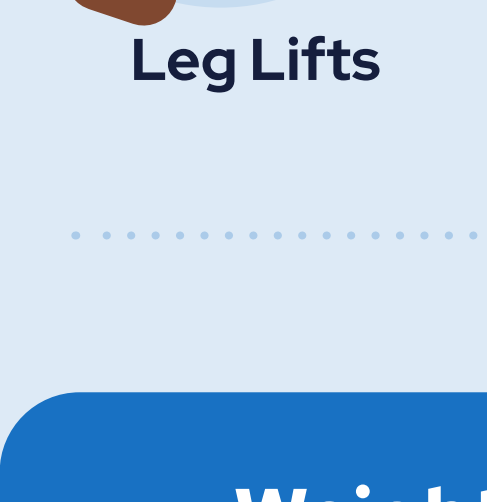
Low Energy



Arm Curls



Aqua Jogging



Leg Lifts

Water Aerobics

"[One] great exercise for those with arthritis is aqua classes. Water naturally removes the resistance that can create pain in joints."

Gwen Dannenbaum
Certified Personal Trainer
at [KickHouse](#)

Best For



Weight Training

"Weight training increases bone density, which is very important because you lose bone mass as you age."

Jordan Hosbein
Certified Personal Trainer
at [Iron & Grit Fitness](#)



Tricep Extension



Bicep Curl

Best For



Front Raise



Lateral Raise



Band Pull-Apart



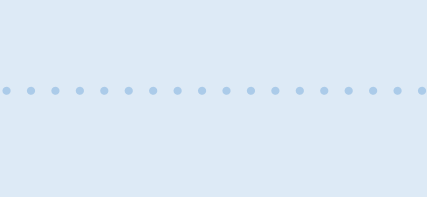
Leg Press

Resistance Training

"Resistance training using bands or body weight are ideal for strengthening muscles."

Lizzie May
Certified Fitness Trainer
at [Mom Loves Best](#)

Best For



40% of Americans fear looking foolish at the gym.

48% of people are afraid of asking for help at the gym.

Overcoming Gym Phobia



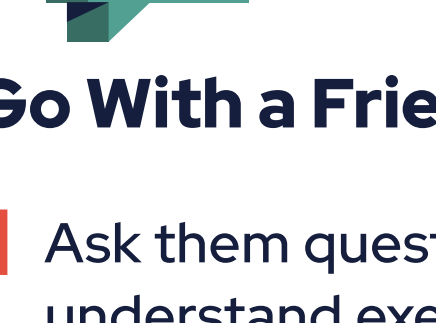
Educate Yourself

- Learn what your nearest gym offers.
- Watch videos about using the machines.



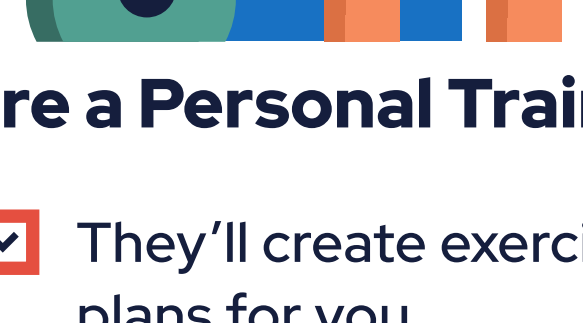
Make a Plan

- Decide what workouts you'll do.
- Determine how long you'll do each exercise.



Go With a Friend

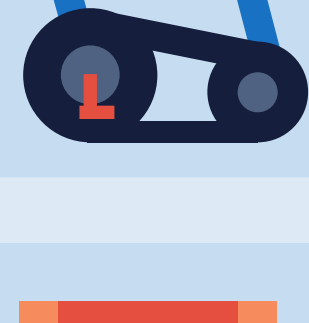
- Ask them questions to understand exercises.
- Watch their form and movements as a guide.



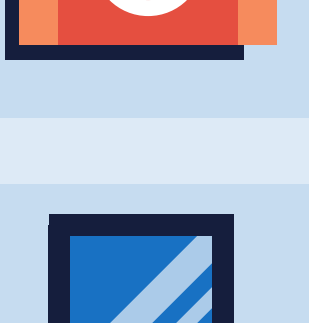
Hire a Personal Trainer

- They'll create exercise plans for you.
- They'll help you understand equipment.

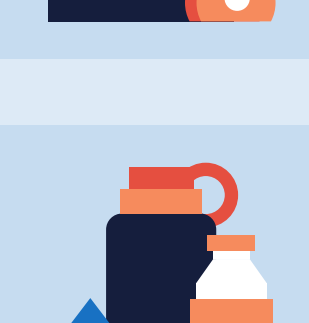
6 Tips for Keeping Yourself Safe at the Gym



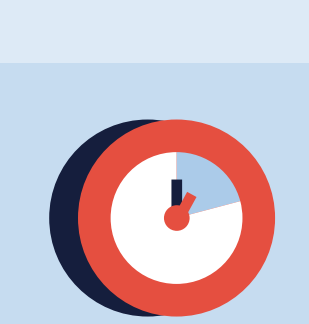
1. Exercise with an experienced gym goer to learn how to use the machines.



2. Watch videos on how to correctly execute specific exercises.



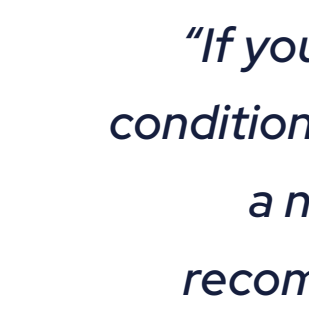
3. Watch yourself in the mirror to make sure your form is correct.



4. Keep yourself hydrated.



5. Begin exercising slowly to warm up.



6. Spray the equipment with disinfectant before and after use.

"If you've been inactive for a period of time, or have chronic conditions, consult your primary health provider prior to beginning a new exercise routine. They will likely have great local recommendations for programs that are a good fit for you."

Emily Johnson
Founder of [StrongerU Senior Fitness](#)