

Your Employee Assistance Program is a support service that can help you take the first step toward change.

# Keeping Fit in the Gym and at Home

Maintaining good health can help improve your mood and overall lifestyle. One of the most common health problems today is obesity. Joining a health club can help you stick to a steady schedule of exercising. Also, at your local health club, you can obtain professional information on a workout that suits your needs and/or weight-loss goals.

**What to Look for in a Health Club**

You may want to visit the health club to conduct your own inspection prior to joining. Make sure it suits your requirements, such as the appropriate equipment, atmosphere, location, classes/programs, hours, etc. To test all of this out, you may want to ask about a trial period to see if the club is really to your liking. During this time, consider asking other members about what they think of the health club and if they would recommend it.

Ask if there would be an orientation for the club or if you are to explore what the club has to offer on your own. Also consider if the club has a limited amount of members allowed, and if they are close to this limit.

Finally, be sure to understand the terms of the membership and the club's policy before signing anything. Make sure that everything that was promised to you verbally is also written on the contract.

You may also want to check if you can put your membership on hold in the case of going on vacation. Be sure to ask about any discounts that may be applicable to you, such as corporate rates or referral discounts.

**Other Exercise Opportunities**

Consider investing in workout equipment to save on time and traveling back and forth from the gym. Or you may try adding some more physical movement to your day such as walking for transportation, taking the stairs, parking further away and doing things manually.

You may also want to look into hiring a personal trainer, who can visit you at home and design a low-cost, but effective, at-home workout routine. Your local health club can put you in contact with a trusted trainer.

While you may find it difficult to squeeze fitness in your daily routine, investing in a gym membership and some at-home equipment can help make exercise more accessible for you. But before you start any new exercise program, be sure to consult with your doctor and find a routine best suited for you.
© 2026 Morneau Shepell Ltd.