



HOW TO START A GYM MEMBERSHIP

Here are a few tips to get you started with your gym membership:

A fitness centre today is seen more of as a mental health facility in disguise. A quick bit of exercise performed around like minded people is like hitting the refresh button on your brain. You will be more relaxed after a session of exercise with stress and anxiety levels lower than when you entered the gym. Promise. On an airplane, in case of emergency, they instruct adults to put oxygen masks on themselves first before their own kids. Why is that?



Mark your calendar

You should go at least 3 times a week, not miss 3 days in row and plan this for 3 months. This is my 3x3x3 rule. So Monday, Wednesday, Friday for example. If you need help putting a schedule together let me know and we can discuss.



Book your introductory training session

This is a complimentary session you get when you join Shapes. An opportunity to sit down with a trainer to ask questions and get advice. I am also a personal trainer, so if you want further suggestions on how to use this session (even you don't plan on getting personal training!) I am more than happy to help.



Personalize your experience

There are many ways to do this. I use the state of the art Hot Yoga rooms after exercising when they are empty to just sit and relax. Warm filtered air in a sound proof room on a cozy mat where I can take my mind on vacation. Sometimes I skip the exercise and just relax in the warm yoga room then go home. The point is I gave my brain a quick break from work, home, life etc and reset myself to reduce stress and anxiety.



About Me:

My name is Kevin and these tips worked for me when I started going to the gym in my 40s. Maybe they can help you or someone you know. I had trouble at first, then finally realized I needed to stick to a simple schedule and get some advice on what to do. I lost over 100 pounds and now in my mid 50s I am so glad I did it. It is like a new life. Beyond weight management, mood, sleep and energy is much improved. When I am sick, its not for as long or as severe. It is never too late to start and its not as hard as you think. Exercise is medicine. If you want some more tips just contact me at: KevinR@Shapes.ca



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www.shapes.ca



1910 Pembina Hwy.
204-989-7100

3340 Portage Ave.
204-889-7934

2535 McPhillips St.
204-989-5280

1325 Henderson Ave.
204-989-5333

Southdale (Fermor)
204-989-7572

1910 Pembina Hwy.
204-989-7050

1150 Nairn Ave.
204-989-6628

2535 McPhillips St.
204-989-5280