

## An Investigation of Fitness Centers

Today, we have many Americans who are obsessed with health, and yet we are a nation of obese individuals. Obesity in this country has reached epidemic proportions, and we have more available than at any other time in history to help us control our weight. What is the problem? Why do we still have health issues, when we have some many health facilities available? There are facilities that cater to the young, the old, the male, the female. There are 24 hour facilities, facilities that offer daycare, individualized programs, youth programs, organized classes, and fitness assessments. It would seem with all these choices, that Americans would not have any problem controlling their weight, their health or their overall wellness. Many fitness centers offer the new client an opportunity for an initial assessment, personalized training plans, and continued consultation services, free with their membership. If you happen to be a mother, with small children, many of the fitness facilities offer built in daycare facilities. You are free to exercise, while your children play in a supervised and safe setting. If you also happen to feel uncomfortable exercising in mixed company, there are fitness centers that offer men only or women only exercise times. If not designated times, often they have segregated facilities. What about Pilates, aerobics and other forms of organized and instructed toning and cardiovascular health? Most fitness facilities have that covered also. Upon joining a gym or center you are usually provided a schedule of classes that are being taught, and the times that they are taught. Then once each month, you will receive a newsletter and calendar that provides updated information about facility changes, class offerings and any other points of interest. There is just simply no reason that a person could not locate a fitness that suits his or her needs and become a part of the health movement. Cost is usually not an issue, either. Today, many companies offer free memberships for their employees in an effort to cut medical expense and lost time due to sickness and injuries. On the average, a healthy employee costs an employer \$1000 dollars less each year, than the coworker who does not participate in health and fitness programs. That simply takes medical costs into consideration. What about lost productivity due to illness or injury? If you find that your company doesn't offer such a plan, the monthly expenditure for a membership to the gym, should more than pay for itself in the course of your attaining a level of increased health. You should see a decrease in your medical bills, and over the counter health needs, simply because your body is in a better position to fight off germs and bacteria. Fitness centers and gyms across this country open each day, to provide persons from all walks of life, a better chance at health; to afford each person the opportunity to work toward overall wellness and a fit and conditioned body. It is up to each individual to take advantage of that opportunity.

## About the Author

There are a hundred excuses we find not to stay fit. Taking up an activity you enjoy, together with a friend, can remove obstacles.

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