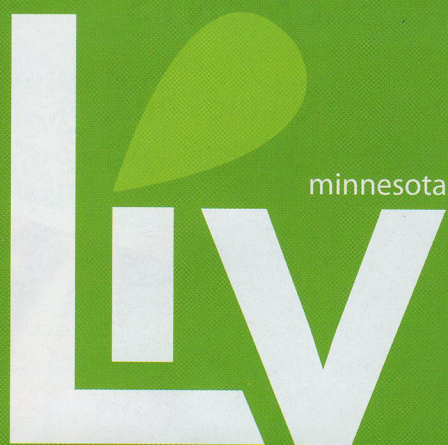


GREEN FOR THE REAL WORLD



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dog park
etiquette



common
weight loss
myths

SHAPE UP & SAVE

create a workout space
in your home

Spring Rolls

and a selection of homemade
dipping sauces to *die* for

FATHER'S DAY

raise your glass with these
classics and a few new faces

Eco-Chic Weddings

Vintage dresses, earth friendly
venues... couples are keeping
things stylish *and* green on
their wedding day

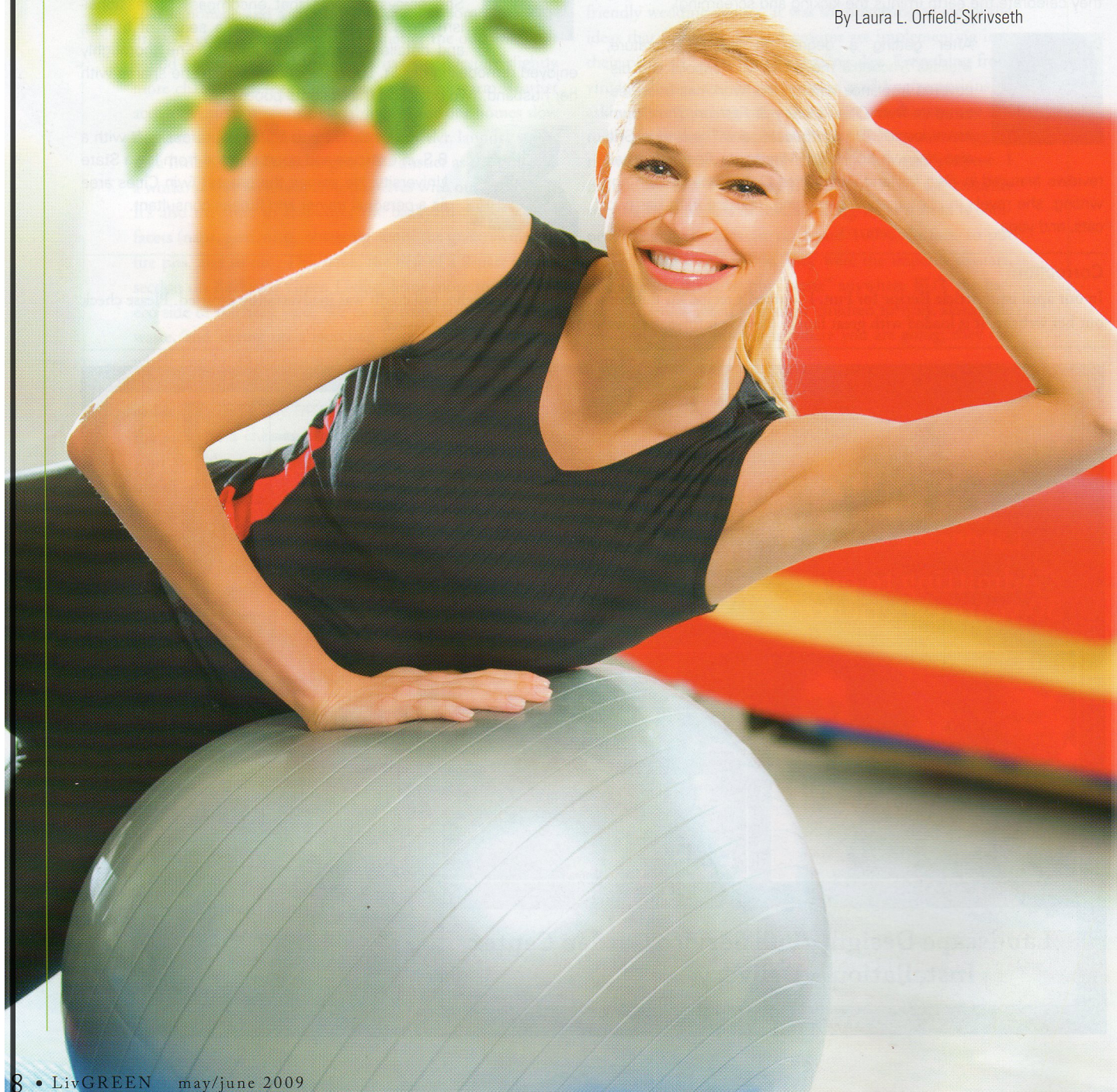
GREEN BACKYARD LIVING | RECYCLING+COMPOSTING

health+nutrition

Shape Up & Save

Your dream workout
may be closer
than you think

By Laura L. Orfield-Skrivseth



Joining a gym has its disadvantages. It costs you money, it makes you work out in front of strangers, and it requires leaving home, finding a sitter, and driving across town – and even then you may have to wait for your favorite machine to free up.

What if you had a fitness room where you kept your resolutions on your own time and saved some bucks while you worked on your own body? And it was right in your own home!

The National Association of the Remodeling Industry (NARI), says that creating a home fitness room offers users significant advantages in convenience and effectiveness.

Statistics from the Sporting Goods Manufacturing Association say that between 2000 and 2006, an upsurge of 30% more Americans began exercising at home, with health-conscious baby boomers leading the way.

If your home is big enough, you can design your own dedicated fitness room. If space is tight, you can fashion a multipurpose room where you can do workouts and also maintain an office, study, or bedroom.

Some people make space for workouts in their basement. This is often a great area as it keeps the sound of early morning or late evening exercise away from other family members, and the cooler temperatures downstairs are better for sweat-intensive, high-impact aerobics.

Others build their custom-designed exercise areas out of a master suite or addition. Exercising close to a bathroom, shower, or grooming space helps incorporate your workouts into a daily routine.

Putting a fitness room in your home can be beneficial for the whole family, providing the convenience of being able to work out in privacy, whenever you like. You also have a dedicated space to work out with a partner, watch DVDs, stretch, or meditate in your own room, away from the hubbub of household stresses.

Having a home exercise space allows you to have a fitness professional come to your home and have one-on-one personal training to meet your personal fitness goals. Whether you are looking for weight loss, pre/post rehab, cardio fitness, athletic training, flexibility train-



ing, resistance training, personal training for any age, pre- and post-natal or golf fitness, working with a certified professional is a great way to bring you closer to your fitness goals.

Working Out a Room Design

The style of your room should be your style, whether that means quiet and meditative or pulsing with music, video, or group activities. It's important to consider how many people will be using the space at one time, how much time will they spend there, and what type of exercise they will do. Design your space to be adaptable for multiple users, and for multiple activities: strength training (Pilates, weights), flexibility (yoga, stretching), or cardiovascular/aerobics (dancing, martial arts, boxing, jumprope, treadmill, elliptical, etc.)

Accessories are important. You can install a TV on a ceiling-mounted swiveling bracket, set into a niche in the wall, or mounted on an arm that extends in front of a treadmill during a workout, then tucks out of sight when not in use. A DVD player, VCR, cable wiring for DVR capabilities, and perhaps low-voltage surround sound wiring for music are options as well. A clock with a second hand is useful for timing your workouts.

How about creating a refreshment center in the room, or nearby? A water cooler, beverage center or small refrigerator will be pleasing

additions.

Flooring should be durable; tiles made of vinyl, rubber or cork are appropriate. If selecting carpet, a tightly woven style that cushions is best.

A floor-to-ceiling mirror or multiple mirrors creates the illusion of a larger space and provides visual feedback while exercising. Proper lighting should be taken into consideration as well. Install a reading light over a treadmill. How about wall sconces and dimmers for meditation, relaxation, and stretching?

It's nice to have a storage area for stashing equipment, towels, hamper, reading equipment, CDs and DVDs.

You will want to engineer your area for good heating, air conditioning and ventilation for proper air flow, and comfortable temperature when you exercise. Dedicated electrical for large electronic equipment may be needed, along with floor receptacles so you aren't always tripping on cords.



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Structural planning? You will want a strong floor for machines and movement. You may even want to factor anthropometry, the measurement and study of the human body and its parts and capacities, into your architecture. High ceilings are a plus for the serious jumping-jacker, as well as soundproofing for the walls, to absorb your grunts and clanging.

In short, a home exercise space means better workouts and playing nice, by saving some gas in the process. When you design with the body already in mind, the results can be remarkable.

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