

ask karen

EXERCISE OPTIONS

QUESTION: I was wondering if you have any information about a place a "big girl" could go for some type of exercise. I really do not want to join any of these big gyms or recreation centers — too many people! But I need some help. I am looking for some type of exercise class, dance class like Zumba or a water aerobics class, etc that could help a big person not feel so self conscious while trying to get healthy.

ANSWER: I think it is great that you want to become more active. I think it is important for you to find an activity you enjoy and feel comfortable doing so that you will stick with your new found fitness regimen.

You have several options to choose from:

▶ Walking is great exercise and the greenways are beautiful and free — maybe you could talk a friend into walking with you in the evenings or whenever it fits your schedule so you will not feel like you are alone in this.

▶ Enlisting the help of a personal trainer can be a great way to get one-on-one exercise coaching and you will have the benefit of an expert tailoring a workout to your desired goal. Once you feel more comfortable you could continue the training or exercise more on your own.



Ally Bowersock with the Jefferson College of Health Sciences also says, "Most gyms have down time where they are NOT busy and you can have more privacy... usually 1:30 to 3 p.m. is usually the quiet time at

gyms."

If you work during those hours, maybe you could take to your employer about taking a later lunch break so that you can workout during the slow time at the gym. These days, with health incentives in the workplace, I can't understand a boss who wouldn't want to work with an employee who wants to get healthier.

▶ Karen McNew is a WSLS news anchor. For more 10 On Your Side Health information, go to www.wsls.com; click Lifestyles and then Health.

