To help in your research and decision-making process of figuring out whether a gym membership fits your needs, we put together the following comparison guide featuring popular gyms in Alaska.

**Is a gym membership right for you?**

Regular exercise offers whole-health benefits such as improved endurance, muscle tone, mental clarity, energy levels, weight management, and more. These benefits can be achieved at a gym, at home, outdoors, or through a variety of other alternatives (e.g., rock climbing, gymnastics, martial arts, yoga, etc.). But which exercise plan is right for you? When deciding whether or not to sign up for a gym membership, here are a few factors to consider.

**Pros**

Gyms offer a safe and well-maintained environment, plus accessible equipment, group classes, and personal training benefits. Many gyms also offer features such as saunas, tanning beds, and sports courts. Having a dedicated space in which to work out can motivate, build confidence, and give a sense of community. Gyms are not weather-dependent and offer consistency as well as variety to your workouts.

**Cons**

Memberships and additional services such as personal training can be expensive, and many gyms require lengthy contracts that lock you in regardless of how often you go. Working out in public can be anxiety-inducing for some, and a gym environment may not be beneficial depending on what life stage you’re in. Including the time required for transportation, outfit changes, and showering, going to the gym can become a deterrent to exercising.

Ultimately, the decision to join a gym is dependent on your lifestyle, fitness goals, and budget. Do your research, consider your options, and make the decision that works best for you and your health journey.

*Stay tuned for our next Wellness Bulletin for alternative ways to establishing or improving your health and fitness without a gym membership.*