

Joining the Gym

1. Why do we exercise?



ADVOCACY



KNOWLEDGE



COMMUNITY

DEVELOPMENTAL DISABILITY *wa*



Why do we exercise?



Exercise helps us to be healthy and strong. It makes us feel good and stay well.



It can help make daily activities easier.



There are lots of ways that we can exercise. One way is to go to a gym.

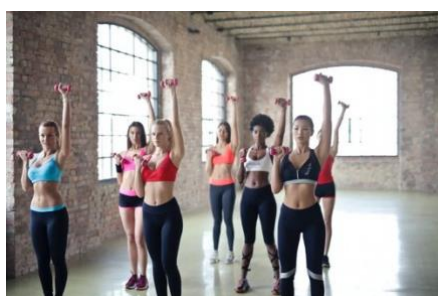
What is a Gym?



A gym is a place you can go to exercise.
You can choose a gym that is right for you.



Gyms have trainers to help you exercise safely. Gym trainers can help you decide what exercises to do.



You can choose to exercise in a group class. You can exercise just with your trainer.