

Joining the Gym

2. How to find a gym



ADVOCACY



KNOWLEDGE



COMMUNITY

DEVELOPMENTAL DISABILITY *wa*



How to find a gym



You can ask your friends or family if they know a good gym.



They can help you to look on the internet. Type into Google search 'Gyms near me' on your computer or phone.



When looking for a gym think about-



A gym that is easy to get to.



A gym that has activities you want to do.



A gym that is open at the right times for you.



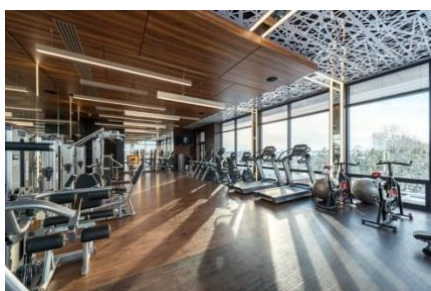
A gym that does not cost too much to join. Some cost more money than others.



Some gyms will let your support worker come for free if you have a Companion Card.



Some gyms will let you pause your membership if you need a break.



Visit a gym to see if you like it. Some gyms will let you try them for free.



You might be able to get money from your NDIS plan to help pay for a personal trainer at the gym.