

Joining the Gym

7. Getting ready for the gym



ADVOCACY



KNOWLEDGE



COMMUNITY

DEVELOPMENTAL DISABILITY *wa*



Getting ready for the gym

What to wear at the gym

Running shoes



Gym leggings or shorts



Tee shirt or singlet



A supportive bra for women





Deodorant



Here is what to pack in your gym bag



Gym Towel – a towel that you take to the gym.



Water bottle



Deodorant



Your gym membership card or tag



Headphones and music to listen to your own music at the gym

For swimming you will need



Swimwear - bathers



Beach towel



Goggles if you use them



Thongs



Swimming cap if you use one



Swimming ear plugs if you use them



Hat and sunscreen for outdoors



After a workout you might be sweaty or smelly. You can shower at the gym after your workout.



You will need to pack shower things in your gym bag



Soap



Thongs



Bath towel



Clean clothes and shoes if you are changing



Hairbrush and make-up if you like