



HOW TO FIND THE RIGHT FACILITY FOR YOU

There are lots of different options for fitness facilities out there. Asking some important questions can help you find a facility that fits you.



Do you need to pay the membership up front or can you make monthly installments?

What is included in the membership fee?
Are there extra fees?



Is there an opportunity to use a trial membership before purchasing a full membership?

Can you bring a guest with you to the facility?



What other services do they offer?
Can you attend group exercise classes?



What are the gym hours? When is the gym the busiest?

Most gyms offer free drop in fitness classes at a variety of days and times. If you enjoy group fitness, take a look at the class descriptions.



Ask if you can attend one of the classes before purchasing a membership to see if you'll enjoy it!



If you are interested in hiring a personal trainer, ask them similar questions before working with them. We recommend working with professionals, such as Kinesiologists, that are certified by the Canadian Society for Exercise Physiology (CSEP) or the American College of Sports Medicine (ACSM).

Try and find a trainer that has worked with cancer survivors in the past and has similar values to you.

Ask the personal trainer if they have received cancer and exercise specific training.



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