



Exercise Equipment

Did You Know?

While gym memberships can be a great way to stay motivated to exercise, they can be costly. Having at-home equipment can be more affordable, convenient for busy schedules, and often easy to use, even in small spaces!

Boost your physical activity with exercise equipment, which is any apparatus or device used during physical activity to enhance the strength or conditioning effects of that exercise. If your current workout has gotten boring or you feel like you're in a rut, try using some new types of exercise equipment at home or at the gym.

Types of Equipment

Exercise equipment comes in a variety of shapes and sizes depending on the activity of choice and your fitness level. Some of the most common types of exercise equipment include:

- Stationary exercise machines
- Resistance Bands
- Stability Balls
- Dumbbell Weights
- Jump rope
- Yoga Mat

Using Equipment

Most exercise equipment can be used for a variety of exercises and can work many different muscle groups. While some exercise equipment is specific to aerobic or strength-training exercises, most equipment can be used for both types of exercise. Jumping rope is an excellent way to get aerobic exercise, while using dumbbells or resistance bands are great for strength training. A yoga mat can be used for both aerobic and strength training exercises.

Purchasing Equipment

Most basic exercise equipment can be purchased at your local wholesale store, sporting goods store, or online.

Try fitting exercise into your daily routine by carrying light dumbbell weights while walking or jogging, using resistance bands while watching TV, or switching out your desk chair at work for a stability ball!



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