

## Exercise Equipment Purchase Expertise

The advantages of exercise are well-documented, unfortunately, that's not always the case with advertising claims for exercise equipment. Few advertisers claim without evidence that their exercise products offer a quick, easy way to shape up, keep fit, and lose weight. But the truth is, there's no such thing as a no-work, no-sweat way to a healthy, toned body, deriving the benefits of exercise requires doing the work. Before we jump into the next home fitness fad, people offers this advice: Exercise good judgment and evaluate advertising claims for exercise products carefully. Do provide easy or effortless results or burn excessive calories, the claims may be true for athletes in top physical condition, but not for most people. It help you burn more calories or lose weight faster than other types of equipment. In common, exercise equipment that works the whole body or major parts of it probably helps you burn more calories than devices that work one part of the body, and the more you use the equipment, the more calories you'll burn. It is a good reason to select equipment that suits you and your lifestyle. Some studies might show that one type of equipment burns more calories per hour than another type, but if the exercise is uncomfortable or the equipment hard to use chances are it will gather dust not help you burn calories. Try to help you spot reduce; for insance, help you trim your hips or lose the proverbial spare tire. Firming body and losing weight in one particular area of the body require regular exercise that works the whole body. Our weight depends on the number of calories you eat and use each day; increasing your physical activity helps you burn extra calories.

Try to read the fine print, the advertised results may be based on more than just the use of the machine; they also may be based on restricting calories. And even if it doesn't, keep in mind that diet and exercise together are much more effective for achieving a healthy, toned body than either tactic is alone. Always be skeptical of testimonials or before-and-after pictures from satisfied customers. These experiences may not be typical: Just because one person had success with the equipment doesn't mean you will, too. So as for those popular celebrity endorsements, they, too, are no proof that the equipment will work as claimed. Later you've evaluated the advertised claims but before you make a final purchasing decision consider these questions, will the equipment help you achieve your desired goal, whether it's to build strength, increase flexibility, improve endurance, or enhance your health, will you stick to the program? While keeping with an exercise program can be rough: Always think of all the basements, rec rooms and yard sales stocked with costly stationary bikes, treadmills and rowing machines that have gone unused and now serve merely as places to hang clothes.

## About the Author

Bekie Cohner is a health and wellness professional with 16 years experience helping people make the right decisions for everything from [Exercise Equipment](#) to [nutritional supplements](#).

Source: <http://www.articletrader.com>