Hadley

Working Out at the Gym Sample

If your fitness plans include a gym membership, let’s take a look at how to find a gym that's right for you!

A quick reminder – before you get started with any new exercise plan – it’s always a good idea to talk with your eye doctor. For some people, heavy lifting, straining, or rapid movement could be a concern. Your doctor can help you decide what’s right for you.

Now, let’s check out that gym.

When you find a place you’re interested in, ask for a tour from a staff member – or a friend who already goes there – so they can help you learn the layout, and you can get a feel for the place.

They can show you the different workout areas you’re interested in, and you can see how well the space works for you. For example, are the pathways clear and wide? If you create a mental map of the areas and machines you’d like to use, that can help you decide whether this gym is a good fit for you.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course if you'd prefer to talk through these questions, we're just a phone call away at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off, and track your progress every time you log on. Plus, it connects you to the Hadley community, and helps sustain our funding to keep Hadley free of charge. And last, but not least, it gives you direct access to experts, like me. Now, where were we?