

Getting the Most out of Your Home – Part 1 – The Home Gym



Couple
Exercising
Together In
Home Gym

While you probably love your home as much as I love mine, there are always changes that can be made to make our homes even more lovable and usable.

Today, we are starting a five-part series that looks at various rooms in a typical home that could be made even better. In this series, we'll highlight ways to make your master bedroom a sanctuary, as well as tips on creating a home gym and home office, and ways to create more storage and a functional laundry room.

We start the series today with customizing a home gym. Not only will a home gym help you reach your fitness goals, it will also add to your home's value.

To get started, you need to select your exercise equipment and activities. The size of your equipment will be key as you then select the perfect space to turn into your gym, whether it's an under utilized bedroom or basement area.

As you decide on the space, you'll need to consider ceiling heights, flooring, ventilation and access to entertainment, like TVs or speakers. We all know, we can't exercise without some kind of entertainment to keep us a little bit distracted!

Depending on the space you choose, your gym should be able to accommodate your fitness needs, whether you plan to use

weights, an elliptical machine, treadmill, stationary bike or kick-boxing equipment. You might also want to include a space for floor-type exercises, such as yoga, Pilates or mixed martial arts.

Once you've selected your space and equipment, you can add mirrors to make the room feel larger. To give it an open and clutter-free feeling, look for subtle ways to store weights or other moveable equipment. You'll probably want to keep the decorations and accessorizing simple. But you can also make it fun by adding interesting light fixtures, fans and paint colors.

To help you stay motivated, think about adding inspirational words or photographs of your favorite sports teams on the walls. If you have a bunch of old trophies collecting dust in a basement or study, move them to home gym to provide an additional ounce of inspiration. With just a little bit of creativity, your home gym will provide added value to your home and a great way for you to stay in shape without fighting traffic and overcrowded fitness clubs.

Lastly, if a home gym is important to you, when purchasing a new home be sure to tell your Realtor!