

# SEO Article

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## TASK REQUIREMENTS

Category: Health/Fitness/American fitness  
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**ANNOUNCEMENT:** Do you want to keep the weight off, feel good, and have strength and vitality throughout your life? There is a simple solution: eat in moderation and make use of an American fitness gym that fits your budget and lifestyle. There are many types of gyms and fitness centers including athletic and sports clubs, home gyms, Pilates studios, personal trainer facilities, health clubs, and gyms.

**TITLE:** Prevent Weight Gain by Finding the American Fitness Gym that is Right for You

**BODY:** The holidays are approaching quickly. It is a time when many people lose their restraint. They eat and drink with wild abandon. It has been widely touted that people can gain from five to ten pounds during the Thanksgiving and Christmas holiday season. However, the National Institute of Child Health and Human Development (NICHD) and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) conducted a study that suggests that Americans probably gain about one pound during the holiday season. But this mere one pound can have lasting effects because the weight accumulates over the years and may contribute to obesity later in life. Certainly one way to avoid gaining this menacing holiday pound is by exercising discipline and restraint during the holiday eating and drinking frenzy. However, what about overall long-term health and fitness? The New Year is approaching, and it is the perfect time to start anew with a fresh perspective and commitment to fitness.

Why not start that commitment right now and choose an American fitness gym that is right for you? Fortunately, there are several types of gyms to choose from. This variety will make finding an American fitness gym that fits into your lifestyle and budget a little easier. For instance, **athletic and sports clubs** offer members a wide range of amenities, programs, and equipment. They generally have some combination of pools, racquet, tennis, and basketball courts, personal training services, climbing facilities, and a variety of classes; they may even have daycare.

If you are looking for a no frills type of American fitness gym that is geared toward the self-motivated, no nonsense person, a **gym or health club** might be the place for you. For those who are very budget conscious, a gym is probably the best choice. In general, health clubs fall somewhere between gyms and athletic clubs in terms of amenities and cost.

On the other hand, **personal training studios** are generally smaller and specialize in one-on-one instruction. They provide a great way for the fitness novice to learn about the different kinds of equipment, proper use of equipment, best diet and exercise programs, and techniques that prevent injuries. Personal trainers are also great motivators. However, they are expensive with costs ranging from \$35 to \$70 per hour.

**Pilates studios** also provide more individualized attention. They are great American muscle fitness facilities because Pilates stresses slow, controlled movements and proper breathing techniques that build strength and improve flexibility.

If none of these suit your needs, you can always create a **home gym**. It could be as simple as having a few barbells and exercise DVDs (e.g., aerobics, yoga, Pilates, etc.), or it could be as elaborate as having a machine home gym that consists of a single steel structure that supports several different pieces of equipment.

Whether it involves using an upscale athletic club, basic home gym, personal trainer, or no-frills gym, developing a fitness regimen and following it is essential for long-term health. When deciding what type of American fitness gym is best for you, consider location, cost, hours, equipment and classes, staff, and atmosphere.