

## **FAQ**

Below we answer some of the questions that potential new members often ask:-

### **Q. Will I get any instruction?**

A. Yes, unless you are already an experienced gym user and do not want it. As a beginner you tell us what your goals are and we will help you to achieve them. To do this we will construct a program for you which you will be guided through on an individual basis. We understand how intimidating the first few visits to a gym can be and guarantee that you will be shown around every time until you are confident about what you are doing. Your program will be updated by a process of continual assessment. There are no extra charges for instruction.

### **Q. Do you do fitness testing?**

A. Your fitness will be assessed as you progress through your first workouts which will be very light. If you wish we will record initial fat levels, heart rate & blood pressure & will take your body measurements. We also have heart monitoring on our CV equipment.

### **Q. Should I see my G.P. before starting?**

A. Yes if you are overweight, unfit or over 35. Also please tell us if you have any medical problems or injuries. We work closely with the John Cavo Practice ( 01932 862056 ) who offer remedial and sports massage and reflexology, and for those with health problems we have had a great deal of success in maximising function and reducing pain through increased fitness.

### **Q. Do I have to change my diet / give up smoking / give up drinking?**

A. No. Most people find it very hard to change too many things at once - concentrate on making it to the gym and everything else will follow.

### **Q. I haven't got much time - how often do I need to train?**

A. Two to three times a week for 40 minutes is enough to quickly build a high standard of fitness for most people. Training too long and too often is counter productive.

### **Q. Will everyone else in the gym be fitter than me?**

A. Probably! Even members trying to reduce fat levels quickly become very fit - the fitter everyone else looks the better - it shows you that you are in the right place to progress and become like them.

### **Q. How quickly will I see results?**

A. From the first workout your fitness will improve and within a month you should see and feel a positive change in stamina, muscle tone and posture. You may also feel less stressed and sleep better.

**Q. What sort of members do you have?**

A. Our members come from all walks of life and are aged from 10 to over 70. We only take on Under 18's with written [parental permission](#). Most members are just trying to get fitter but we also have the expertise to help improve their fitness for any sport from archery and basketball to windsurfing and yachting.

**Q. The gym seems very small - does it get too busy?**

A. Very rarely. In most gyms the members do too much - often training virtually every day for hours at a time. For best results however most of our members work out for only one hour or less so we can have many members using the gym without it being too busy at any one time.

**Q. Is it a bodybuilding gym?**

A. We are often asked this because Riverside Gym looks very different from larger fitness gyms. This is because we are specialists in getting results and some of our members need heavy duty equipment for their exercise needs. Bodybuilders are very welcome but form only a small part of our membership.

**Q. Do many women use the gym?**

A. Most of the members are men but we have noticed an increase in the number of women as our reputation for getting results spreads. Weight training will reduce fat levels and improve your shape - you will not get bigger!

**Q. Will it all turn to fat if I stop?**

A. No. Your body shape will very slowly return to the shape it was before you started training.

**Q. Will it be fun?**

A. Weight training is not for everyone but with our help and guidance once you gain confidence it can be very enjoyable - some of our members have been coming here since we first opened in 1983 and for many the gym becomes the most enjoyable part of their daily routine.