

BUYING A HOME EXERCISE VIDEO OR DVD

There are some advantages to using a home exercise video or DVD:

- Costs less than a membership to a health and fitness club
- Convenient and ready when you are to fit activity into your schedule
- Weather is not a barrier
- Builds your confidence and lets you to develop your skills before going to a class

Before you purchase a video or DVD, answer the following:

Do I have a big enough space and the right kind of flooring so that I don't hurt myself?

- **Note: A carpeted area is best. Don't use rooms with concrete floors because they are not padded and can cause injuries.**

Does the video or DVD tell me the fitness level (i.e. beginner, intermediate, advanced) of the exercises?

Does the instructor have a good reputation?

- In the U.S., the following instructors have a good reputation because of their experience and/or certification; Tamilee Webb, Kathy Smith, Mindy Mylrea, Keli Roberts, Jay Blahnik, Denise Austin, Gin Miller, Richard Simmons, Leslie Sansone, Rodney Yee (Yoga) and Moira Stott (Pilates).
- Look for the following instructors in Canadian videos; Cheryl Soleway, David Snively, Sharon Mann and Libby Morris.
- **Watch out for celebrity videos – they may not be as safe as videos lead by more credible instructors.**

Is the instructor certified?

- As most videos are produced in the U.S., look for certifications from ACE, IDEA, AFAA, ACSM or the Cooper Institute for Aerobic Research. For videos produced in Canada, instructors may have other certifications than the ones listed above. Look for CanFitPro Fitness Instructor Specialist, YMCA/YWCA or OFC certifications.

Can I try out the video first by borrowing it (friend/coworker or from the library)?

Does the instructor offer modifications or other ways to do the exercises?

Is there a balance between aerobic exercises (i.e. exercises that make your heart beat faster) and strength (i.e. for muscles) and flexibility (i.e. stretching) exercises?

Does the instructor include a warm-up and a cool-down to prevent injuries?

Do I need a lot of specialized equipment?

Resources:

- *American College of Exercise (ACE) - How to Choose an Exercise Video (Fit Fact) - www.acefitness.org*