

## Fitness Training Equipment - Buyer Beware

By JoiAnn Marshall

In an attempt to stay fit, healthy and/or achieve the ripped bod, the purchase of fitness training equipment for the home has never been greater. If you plan to buy some exercise or fitness equipment so that you can get in shape at home, there are a few things to consider.

### Don't Believe The Hype

First of all, be careful of hype. Many fitness equipment advertisements, promising miraculous weight loss and muscle gain, that now appear late at night on television aren't all they're cracked up to be. In general, you know it's at least in part hype if someone says you can lose 10 pounds in seven days, or inches off your dress size in that same period of time. Simply put, the gains from working out (and losing weight, if you need to) takes time (not forever) and effort, and does not happen overnight, especially if you want to be healthy about it.

Therefore, slow and steady exercise with proven fitness training equipment is the way you should go. If you're looking to lose weight, shoot for one to two pounds a week and don't starve. Make sure your diet has enough healthy calories without going overboard...

### Fitness Training And Supplements

Although some supplements may slightly increase your metabolic rate, not all of them are healthy. And no supplement or exercise program can spot reduce. When you lose weight, you lose it throughout your body. What happens, though, is that you can build muscle in a specific area, such as abs, and if you've lost it in that area as part of a general weight loss, you'll see those muscles define as they tone up.

You should also know that you shouldn't let your calorie intake go too low, because if you do, you'll actually slow down your metabolism and hurt your chances of losing weight, not help. In general, women should try to get 1500 healthy calories a day, men 2000.

### Fitness Training Equipment Scams

Many of these late-night advertisements promote very expensive equipment that's inferior at best and outright scams at worst. They play up "easy" payment plans to get you hooked. Therefore, save your money and buy a really good piece of tried-and-true fitness training equipment or two, such as an elliptical trainer of good quality, treadmill, or home gym. You can do a search online to find honest reviews of various types of fitness training equipment, so that you can pick one that suits you best.

Find out if the manufacturer or seller of the fitness training equipment is reputable or a fly-by-night operator. You also want to know if you can actually reach a person in the event you have a problem. If you don't know this find out by doing a little research. Your fitness training equipment can offer the most spectacular guarantee, but what happens if the manufacturer is no longer in business to honor it.

No matter what fitness equipment you buy, it's you that ultimately has to do the work, not the machine. The equipment itself is just there to provide you a structured way to do the exercise, such as on an elliptical trainer or exercise bike. However, you need to get on that fitness training equipment and use it for at least 20 to 30 minutes, at the least every other day, and get the most benefit from it.

### About the Author

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