

6 top tips to finding the right exercise teacher or venue

- Watch an exercise class before making a decision about joining, to see if it looks like something you'll enjoy and be able to do.
- Visit a health club/gym you are considering joining for a tour of the facilities. Make sure there are lots of different options for activity available.
- Ask about a teacher or instructor's qualifications and experience. Are they aligned to a governing body, such as the British Wheel of Yoga www.bwy.org.uk or Register of Exercise Professionals www.exerciseregister.org
- Consider getting some one-to-one sessions with a qualified personal trainer to get you off on the right foot. Check out the Register of Exercise Professionals www.exerciseregister.org or National Register of Personal Trainers www.nrpt.co.uk
- Tell the instructor or trainer about your condition and ask how this might affect your ability to exercise and whether they are able to offer adaptations/modifications (for example, a facility to help you get in and out of the pool).

Use your intuition. If you don't get on with someone, or don't get a good feel about a place, look elsewhere.