

Top Ten Tips for Choosing an Exercise Video

1. Decide what type of fitness conditioning you want to focus on: cardiovascular, strength, flexibility, toning or balance.
2. Choose a video program geared to your fitness level i.e., beginner, intermediate or advanced.
3. Look for information or references on the back cover of the video detailing the author's credentials.
4. Look for videos that offer a series of programs such as walking, low impact aerobics and/or kickboxing.
5. Choose a video that offers modification in exercises depending on your fitness level.
6. Ask professional trainers or group fitness instructors for recommendations on videos they like to use.
7. Try an exercise video that offers unique programs such as interval training or pilates.
8. Try before you buy: go to the library and check out a video before buying it.
9. Choose a video less than 10 years old that is marked down or on clearance that meets the above specifications.
10. Create a library of videos you can swap with friends.