

# How can I feel strong again if I can't get to a gym?

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Answered by:  
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Strength training is essential for good health and well-being. If you don't have access to a gym, there are a lot of exercises you can perform with bodyweight alone or a small investment in resistance bands or a small selection of weights.

Hiring a trainer to design a specific program for your goals would be best. If that is not an option, most cable networks offer fitness on demand where you can select a trainer led workout. You can also purchase strength training DVDs to follow.

If you are not experienced in working out, I'd avoid YouTube and social media type workouts as there is less control over safety and efficacy.

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