

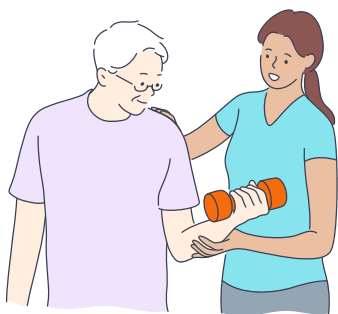


Going to the gym

Mable



Easy English



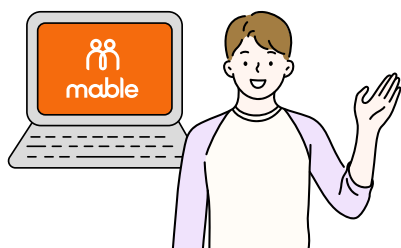
Going to the gym

About this guide

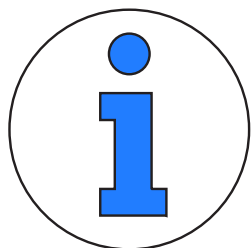
This guide tells you how to go to the gym if you have a disability.



This guide is written by Mable.



Mable is where you can find independent support workers online.



Contact information is at the end of this guide.

Hard words

This guide has some hard words.



The first time we write a hard word

- the word is **blue**
- we write what the hard word means.

There is a list of the hard words at the end of the guide.

Get help with this guide

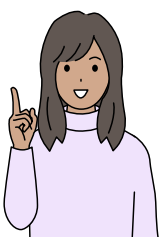
Someone can help you



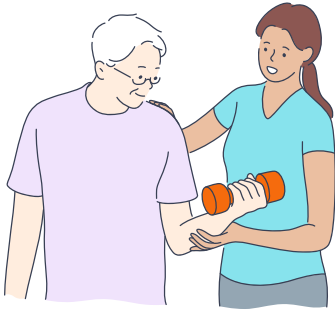
- read this guide



- know what this guide is about

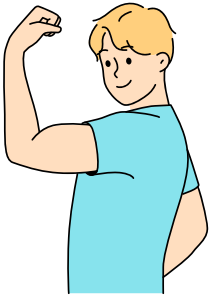


- find out more.



Benefits of going to the gym

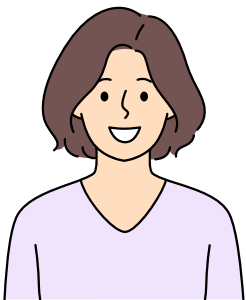
Going to the gym can



- help you get stronger



- help your fitness



- make you feel happier



- give you more energy

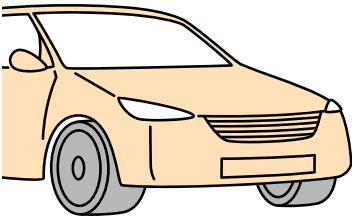


- get you to move around more.

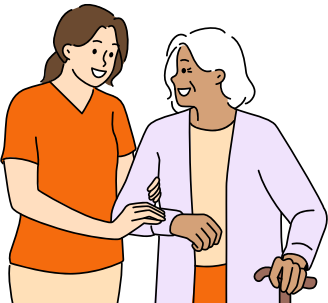


Tips for going to the gym

You can have someone



- drive you to the gym



- help you get around the gym



- help you to use the equipment.



They can be

- a support worker



- a friend



- a family member.

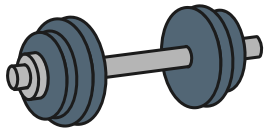


Ask for help when you need it

People working at the gym can



- show you how to use the **gym equipment**

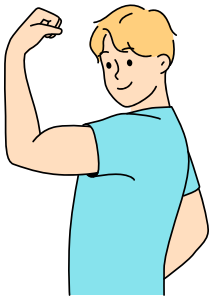


- show you how to use the weights.

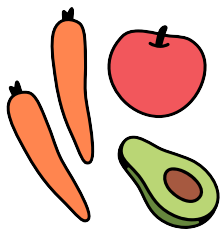


Gym equipment is the machines that you use at the gym.

The machines can help you



- get stronger



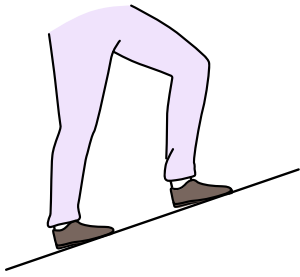
- get healthier.



Find the right gym

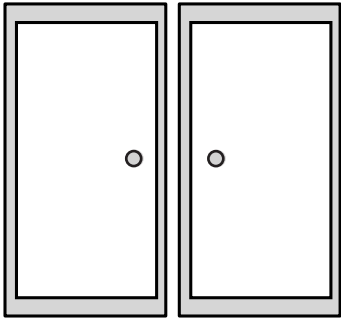
Some gyms are more **accessible** than others.

Accessible means it is easy for people with disability to use.

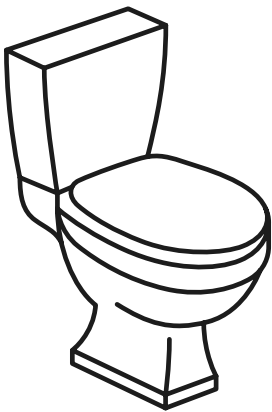


Choose a gym that has

- step-free entry



- wide doors



- accessible bathrooms



- accessible changing areas



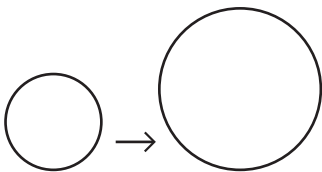
- **adjustable** equipment



- **low-sensory hours**

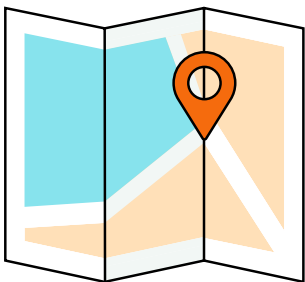


- friendly staff.



Adjustable is when something can change its

- size



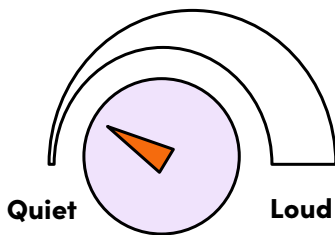
- location.



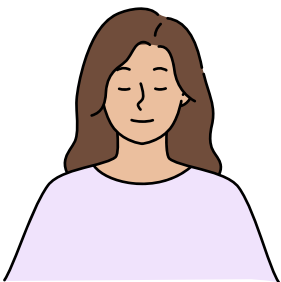
Low sensory hours are special times when a place



- turns down bright lights



- turns down loud sounds.

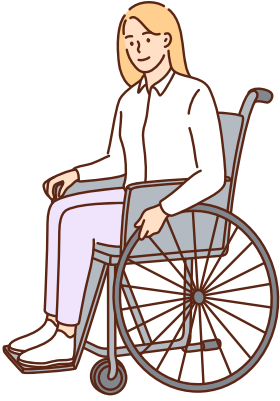


Low-sensory hours help people who like a calm place.



Get a disability-friendly personal trainer

A personal trainer is a person who shows you what exercises to do.



Some personal trainers can help people with a disability.



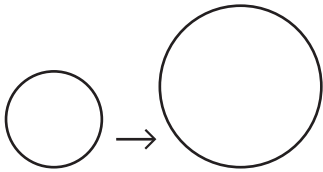
You can find disability-friendly personal trainers on the website everybodyfit.com.au.



Word list

Accessible

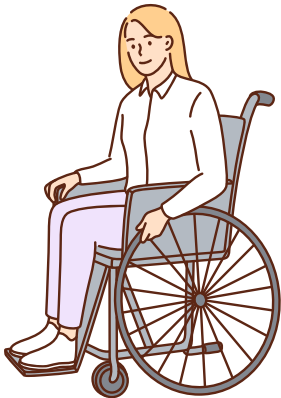
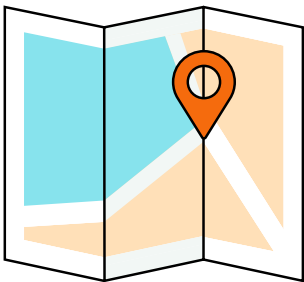
Accessible means it is easy for people with disability to use.



Adjustable

Adjustable is when something can change its

- size
- location.



The change makes it easier for people with a disability to use the equipment.



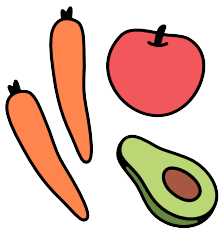
Gym equipment

Gym equipment is the machines that you use at the gym.



The machines can help you

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- get healthier.

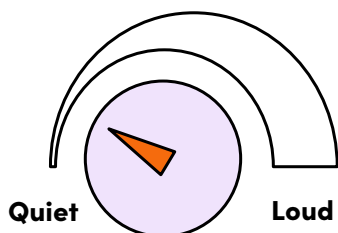


Low sensory hours

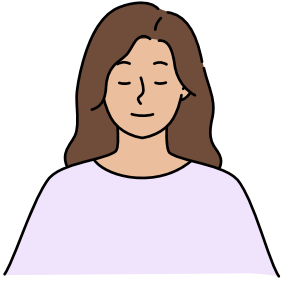
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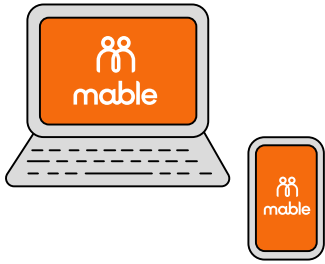


Low-sensory hours help people who like a calm place.



Personal trainer

A personal trainer is a person who shows you what exercises to do.



About Mable

Mable is a website and app.

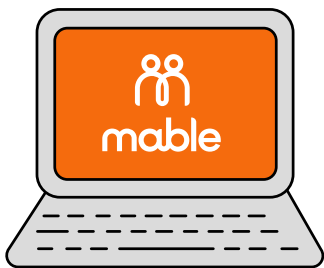


It helps people find independent support workers.



You can contact Mable.

Phone: 1300 73 65 73



Website: www.mable.com.au



Email: support@mable.com.au



Mable's office hours are Monday to Friday,
8 am to 6 pm (Sydney time)