

Free Fitness Trials Encourage Healthier Lifestyle

Submitted by: freebieshare

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An increasing number of people are taking advantage of free gym 'taster' sessions, according to a website specialising in reviewing free offers. freebieshare.co.uk (<http://www.freebieshare.co.uk/>) said demand for guest passes has grown significantly in the past 18 months, helping to buck the trend for healthier lifestyles.

Free passes let individuals test-drive a gym in their local area, often for a single day or multiple days. Available nationally and via the Internet, the majority of large fitness chains provide some form of trial offer, although in recent times smaller chains and independents have started running similar promotions.

Typically, they enable the user to access gym facilities free of charge, including cardio machines, weights, fitness classes like Pilates, Yoga and Zumba, and also the swimming pool/sauna area. The exact details of each promotion can vary depending on location.

LA Fitness, David Lloyd, Fitness First and Nuffield Health are just some of the providers offering free trials.

Andy Varley, founder of freebieshare.co.uk, said:

"We have seen a large increase in the number of visitors taking advantage of gym trials, which is great news for both customers and fitness providers. Many popular fitness chains tie members into lengthy contracts, so it makes sense to try before you buy. Shopping around for the best deal is recommended when selecting a gym and free trials are a great way to gauge a provider's facilities before committing to a membership."

Many gym operators also offer seasonal promotions as an incentive to join. One example involves registering a friend to gain a discounted membership premium. The festive season and New Year is a popular time for new gym registrations, with many people making resolutions to lead a more healthy lifestyle.

A number of tips have been provided to help people save on gym membership:

- 1) Take advantage of guest passes when available before committing to a membership. Also enquire if your workplace can claim an organisational membership deal.
- 2) If you know a friend who already has a gym membership, ask them about any available member promotions. In some cases, you could both benefit.
- 3) Been on the lookout for cheaper deals in the local area. Compare facilities and see if you can get better value for money.
- 4) Before signing a membership, be clear on the terms and conditions - especially the cancellation terms. Some providers require a minimum contract term, so it pays to read the small print prior to registration.
- 5) Consider working out at home, either using fitness DVDs, Internet workouts, or home gym equipment.

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For further media information, e-mail info@freebieshare.co.uk. Tel: 0796 9500 321.

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