

Watching your weight

THE festive season is here and for many of us that means eating, drinking and spending in excess.

According to Nutrition Australia the average Australian gains 0.8k-1.5kg over the Christmas period, so it's no wonder a lot of New Year resolutions will include signing up to the local gym.

But how much is that gym membership really costing you? According to *Your Money Magazine*, joining a gym may be the most straightforward way to exercise but not necessarily the most cost effective.

Your Money Magazine managing editor Jackie Pearson says gym memberships often come with complicated fee structures and terms and conditions that can cost unwary

exercisers dearly.

"Before you sign up to your local gym, do a bit of research and make sure you're getting good value in terms of what's included in your membership and the number of machines available," says Pearson.

"It also pays to check the terms and conditions and how easily you can cancel your contract so you don't get gouged by shady tactics and hidden fees down the track."

As for buying your own fitness equipment, it's not always the cheaper option. A \$3,999 cross trainer costs the same as three and a half years of gym membership so unless you are certain you can stick it out longer than that to get your money's worth, you'd be better off going to the gym.