



**David and Marie Fishman work up a sweat in their home gym. It's a convenient and productive workout.**

purchased \$5 billion worth of home exercise equipment, according to the National Sporting Goods Association.

No one had to convince former suburbanites Jeffrey and Nancy Carr of a home gym's value. They were intent on having one, despite the fact that they would have access to facilities in the new Streeterville high-rise where they moved last April. "Our Realtor and other people said, 'You're going to have it downstairs—why do you need (a gym in your home)?'" says 60-year-old Jeffrey Carr, a consultant. "But I guarantee you, as you get a little older, it seems easier to do it in your home."

That's especially true when you work out daily, as do Carr and his wife, also 60, a manufacturer's representative. "We're very health-conscious. It's the first thing we do in the morning," he says. Their gym includes an elliptical machine, weight machine and free weights.

Whatever prompts the decision to have an in-home gym, most personal trainers recommend designing it with room to spare for new equipment that will come on the market. The next big trend, according to some trainers, is compact pulley systems, which enable you to perform an infinite range of exercises in a minimal amount of space.

Carr says that he and his wife are more than satisfied with their gym. "When we laid out the walls, we knew exactly the size of the equipment and where in the room it would be."

On the other hand, the Fishmans, who initially set up the gym near their enclosed pool, had to rethink that decision. "When we wanted to swim, the exercise equipment made the space too cramped, and it was humid," Fishman says.

The equipment played a role as the couple trained for the Rock 'n' Roll Arizona Marathon. How did they do? "We finished," he laughs.

## Burn it at home

PERSONAL GYM ADDS WEIGHT TO EXERCISE REGIMEN  
BY CHUCK GREEN

**When Dr. David Fishman** and his wife, Marie, dropped their health club membership, it had nothing to do with losing their lust for exercise. It's just that since they built their Lake Forest residence several years ago, home is where the gym is.

"It became increasingly difficult to go to the health club after we moved," says Fishman. The 61-year-old physician and his wife, a 43-year-old hospital administrator, work long hours and often don't begin exercising until late in the evening. "The health club nearest us closed at 9 p.m., and we often don't work out until 9," he says.

So, the couple dedicated a room in

their basement as a modern home gym, including an elliptical trainer, stationary bicycle, multistation weight machine and free weights. Fishman says the gym not only makes life easier for them, but the variety and quality of their equipment help make their workouts more productive. "We've set a routine; it cuts the boredom in exercise. I think if you have a home gym and don't have the right equipment for your needs, you'll be caught up in repetitive interaction with your equipment. To me, proper equipment helps develop technique, skills and balance."

The Fishmans apparently have plenty of company. In 2004, consumers