

 **BUILDING BLOCKS STUDENT WORKSHEET**

Choosing the best exercise equipment for you

Imagine your parent or guardian said they would buy you a piece of exercise equipment to help support your exercise routine.

You want to find the best deal on the features you need and want. Practicing comparison shopping can help you to make an informed buying decision.

Instructions

- 1 Consider a specific type of exercise equipment (e.g., treadmill, rowing machine, weight set). Record the features of that equipment that are most important to you.
- 2 Research exercise equipment from two recognized brands or stores that meet your requirements (be sure to compare similar types of equipment) and record the information you find in the "Comparison shopping tool" handout.
- 3 Analyze the information and choose the best product for your needs, wants, and budget.
- 4 Answer the reflection questions.



1. Features you want in exercise equipment

Record the exercise equipment features that are most important to you.
(What's your budget? Is size or portability an issue? Do you want the equipment to connect to the Internet? Should the equipment adjust to different people? Do you want a product warranty?)

2. Research and record your findings

Research and compare two exercise equipment products (comparing equipment of a similar category). Be sure to compare each product using the features you brainstormed above. Use the "Comparison shopping tool" handout to record your findings.

Which two exercise equipment products are you comparing?

3. Determine the best option for you

Use the "Comparison shopping tool" handout to decide which exercise equipment is best for you based on your needs, wants, and budget. Which exercise equipment did you decide on? How much will it cost?

Reflection questions

1. Was your final choice different from what you thought it might be before comparison shopping? Why do you think it was different?

2. How does comparison shopping help you make more informed buying choices?

3. How could you use comparison shopping in your own life?