

BUILDING BLOCKS STUDENT WORKSHEET

Paying for fitness

When making a purchase, researching and comparing products, features, and costs can help you better understand your options.

Comparison shopping – the practice of comparing prices, features, benefits, risks, and other characteristics of two or more similar products or services – may help you make more informed buying decisions.

Instructions

- 1 Read the scenario.
- 2 Review the options and costs for gym memberships and exercise equipment on the next page.
- 3 Before making a final choice, review the questions in the “Figuring out what’s best for me” section.
- 4 Write two benefits and two drawbacks for buying equipment and for getting a gym membership.
- 5 Make your final choice and answer the questions about your decision.
- 6 Answer the reflection question.

Scenario

Congratulations! You’ve just won a national fitness competition. Your prize is \$500 to be used toward gym membership or exercise equipment. Which would be best for you?



Gym membership vs. home exercise equipment

Review the options and costs below.

Gym membership

Review the options and costs below. Check the box next to the option you might like.

Level	Cost	Features
<input type="checkbox"/> Gold level	\$300 per year	<ul style="list-style-type: none">▪ Weekly sessions with a personal trainer▪ Personalized fitness plan▪ Group fitness classes▪ Cardio and strength equipment▪ Massage chairs
<input type="checkbox"/> Silver level	\$225 per year	<ul style="list-style-type: none">▪ Monthly sessions with a personal trainer▪ Group fitness classes▪ Cardio and strength equipment
<input type="checkbox"/> Bronze level	\$175 per year	<ul style="list-style-type: none">▪ Cardio and strength equipment

Home exercise equipment

Review the options and costs below. Check the box next to the options you might like. Add the costs to get the total.

Type of equipment	Cost
<input type="checkbox"/> Elliptical	\$370
<input type="checkbox"/> Exercise bike	\$225
<input type="checkbox"/> Pull-up bar	\$90
<input type="checkbox"/> Stair climber	\$150
<input type="checkbox"/> Treadmill	\$350
<input type="checkbox"/> Weight set	\$300
<input type="checkbox"/> Yoga essentials	\$100
Total	\$

Figuring out what's best for me

Use the questions below to help you think about the benefits and drawbacks of each choice.

- Do you want to save any of your prize money?
- With your \$500 budget, can you get the level of gym membership you want?
- With your \$500 budget, can you get all the exercise equipment you want?
- Do you know how to use all the equipment by yourself or do you need help?
- Do you have space where you live for the exercise equipment?
- Will you have money to repair or replace the equipment?
- Do you have a way to get to the gym?
- Would you rather work out on your own or with other people?
- Will you be able to pay for the gym membership when the money from the award has run out?

Exploring benefits and drawbacks

Write down two benefits and two drawbacks for each choice.

	Benefits	Drawbacks
Join the gym	1.	1.
	2.	2.
Buy equipment	1.	1.
	2.	2.

Making your choice

1. What's your final choice: gym membership or exercise equipment?
2. Why did you make that choice?

3. If you chose the gym membership, which level did you select?
With your \$500 budget, how many years will you be able to keep your membership at the level you chose?

4. If you chose the equipment, which pieces did you select that are within your \$500 budget? List the pieces and total their cost.

Type of equipment	Cost
	\$
	\$
	\$
Total	\$

Reflection question

What was most important to you when you made your choice? Why?