

Exercise Gadgets and Gizmos

(just for fun)

TAKE OFF POUNDS SENSIBLY

They come with lofty promises or guarantees of “melting the fat away” or “peeling the pounds off for only \$19.95 per month!” Chances are we have one – or four – in our closets and attics. Some may even double as a handy way to dry clothes. Do you know what they are?

Exercise gadgets and gizmos! Flashy advertising coupled with our good intentions lead us to shell out big bucks for these items, but the question remains – do they actually work? You be the judge.

For this program, bring in an exercise gadget or gizmo you have purchased over the years.

We will discuss the following questions as a TOPS chapter when we present our gadgets:

1. What led you to purchase these items – was it advertising, attractive packaging, a celebrity endorsement, “guarantees,” etc.?
2. How long did you use this item?
Do you still use it?
3. Did the product match your expectations?
4. What kind of physical activity actually works for you?

