

New Trends in Home Gym Interior Design Encourage Health and Fitness

Murals Your Way sparks new interest in home gym interior design by offering motivational home décor products designed to promote fitness and a healthy lifestyle.

(PRWEB) October 25, 2005 -- Once upon a time, the term "home gym" meant a treadmill taking up valuable space in your bedroom. But times have changed, and more and more homes now boast state-of-the-art home gyms that include a variety of exercise equipment you might expect to find at your local fitness center. While people are investing in the latest exercise machines, such as elliptical trainers and weight lifting systems, they're also devoting more thought into the interior design of their fitness space. After all, it's easier to motivate yourself to head to your home gym if it's nicely decorated, well lit and attractive.



Here are some tips for putting together a home gym that will give you a good workout and that you'll actually use:

- * Choose an appropriate spot in your house for the fitness room. Do you have a spare bedroom, or a guest room that doesn't get much use? If that's not an option, how about claiming a section of the family room, den or office? And, there's always the basement. If that's your only choice, there are home decor options that can make it more inviting.
- * Buy the best exercise equipment you can afford. If the equipment malfunctions frequently or just doesn't give you a good workout, you'll get frustrated and stop using it. Buy quality equipment as you can afford it. It's better to build up your home gym slowly, rather than buying a bunch of cheap equipment all at once.
- * Make your workout room inviting. Paint it using colors you love, display trophies, and add photos and other artwork. Wall murals are a great way to decorate a home gym. Murals Your Way a Minnesota-based company offers a wide range of wall murals that are easy to install and that add a whole new dimension to a room. "Murals can add a feeling of depth and space to small, dark rooms like basements," says Todd Imholte, president of Murals Your Way.

The right mural can also be a motivational tool. For example, you can choose an ocean scene for the wall facing your treadmill and envision yourself running along the beach with the breeze blowing through your hair instead of huffing and puffing on a treadmill indoors. An outdoors wall mural lets you imagine you're mountain biking down a forest trail instead of pedaling a stationary bike in the basement.

A home gym can make it easier to fit a daily workout into your busy schedule. By making your workout area attractive, you'll be much more likely to actually use it.

About Murals Your Way

Murals Your Way, a division of Environmental Graphics, is the largest manufacturer of murals in the world and offers thousands of licensed images, including art and photographs, as well as custom murals to completely transform any room. For information contact Murals Your Way toll free at 1-888-295-9764 or visit <http://muralsyourway.com/homegym>.