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WOMAN

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PUT FIRST THINGS FIRST WHEN
 Designing *Exercise* Spaces

By: Starr Miller



Ah, you thought I was going to give you tips on exercise equipment. Or better yet, how to meet your 2017 weight goals! Nope, that's just not the way I roll. I typically roll with butter!

Still, I will share items to consider when planning your exercise space.



Photo courtesy of Ron Santini

The Equipment:

Make a list of every piece of equipment that you want to use in the space.

Organize this list by adjacencies.

- 1 Do you need to be near a mirror when you are working with each piece of equipment?
- 2 Do you need to have floor space to use this equipment?
- 3 Do you need other equipment nearby when using this equipment? Barbells with bench, for example.
- 4 Do you need to be near an outlet?

Your Audio-Visual Needs:

Make a list of music, speakers, TVs, mobile phone-charging station, or other media items you need to place in your plan.

What kind of electrical support do you need for those items?

Lighting:

*Do you like it light and bright when you are working out? Or do you only want to see the glare of the monitor where you binge-watch *The Walking Dead*? By the way, this show only came to mind because that is how I feel about exercise.*

Do you want dimmers on your lighting?

Do you want to highlight each area of your exercise

space with special lighting to bring importance to each new stage of your workout regime?

Would you like to have a fan in the room circulating the air? *Yes, I want to feel like Beyoncé!*

Make sure all your lighting is warm light (measured at 2700-3000 Kelvin). This will make everything look better.

Walls:

Would a mirror help you insure that you are lined up correctly?

Would a ballet barre help in your stretching?

Do you need motivation with words, phrases, art work, or a travel map?

Pick a focus. Do not clutter every wall with motivational posters. You need to relax and focus. Clutter just makes us anxious.

Floor:

Make sure you have enough floor space to move around easily, invite over a yoga buddy, or work with a professional trainer.

Carpet is not a good solution in an exercise space. *You want a floor you can clean.*

Consider using interlocking EVA foam tiles in more than one color, hardwood, or luxury vinyl tile.

Storage:

Make a place for items such as your cleaning items, towels, laundry, jump ropes, exercise roller.

Note: those exercise balls have a mind of their own. If you don't care, fine. If you do, there are stands made just for those who like a tidy space.

Now go out there and plan your room! By the time you have it all together, it could be spring and you may want to go for a walk instead.



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