

# YOUR HOME

JANUARY  
2010

TIPS AND TRENDS TO HELP MAXIMIZE HOME BUYING AND SELLING

## Build your own Home Gym in 2010

Health conscious homebuyers are looking for a "spot for our home gym" — give them one.

Trying to keep those New Year's resolutions but do not have time to get to the gym?



Consider a home gym. The equipment that you will need will depend on the interests, fitness levels and goals of the people who will be using it. For good all-around fitness, a treadmill, stationary bike or elliptical trainer are top choices and can accommodate a range of fitness levels.

For strength training, a good set of free weights (i.e., dumbbells and resistance bands) can be stored easily and provide a vast selection of exercises. If you have more space (and more money), consider a weight machine. The number one rule here is that you get what you pay for. High-quality equipment that works reliably after several years of heavy use cannot be manufactured cheaply.

Used equipment can be a smart option, as long as you know what to look for. The less risky option is to purchase from a dealer who can give you some kind of guarantee.

Now, the question is where to put your home gym. You will need to consider space using the following criteria:

- no low ceilings, or obstacles that can be hit if lifting weights;
- a secure, non-slip floor (also, avoid having weights in an upstairs room)
- good lighting and a fresh airflow;
- organized and tidy electrical cables and pipes; a power supply for music or air conditioning; and
- at least as much open space as equipment space.

A gym that is just steps away cuts down on exercise excuses and may add up to a home sale.

HARSCH ASSOCIATES Realtors®  
311 Main Street  
Williamstown, MA  
413-458-5000  
WWW.HARSCHREALESTATE.COM

Welcome  
**HARSCH**  
ASSOCIATES



## Your choice... your gift.

**Selling a home? Buying a home?**

*Harsch Associates Agents feel strongly about lending a helping hand. Now whether you list your home through Harsch Associates or buy your home through Harsch Associates, we will contribute one percent of our brokerage fee to a local charity organization in your name*

Call us at 413-458-5000

**Charity Begins at Home.**

Welcome Home to Harsch Associates

## HOME SALE TRIVIA

What celebrity home sold recently for a reported \$5.5 million, despite its yellow-and-rust striped paint job? This Hollywood Hills residence was the former home of the popular singer Madonna.

**SELLING YOUR HOME IS OUR BUSINESS**