

## FITNESS EQUIPMENT & CLOTHING ITINERARY

# New Year, New You in 2016?

So maybe you're new to resolutions, or maybe you have just decided it's time to really focus on your health this year. Either way, Chickasha has lots of options for you and your lifestyle.

## WHAT TO DO?

After you have decided whether to join a local fitness facility or to work out from home, a park or in your neighborhood, there is a chance you will need to purchase some equipment as well as some appropriate clothing and shoes. You might also want to add something like a step counter of some sort, like a fit bit or something similar to your program as well.

Chickasha currently has one store dedicated to sports, which depending on your chosen exercise activity may be a great fit for you. It also has a large selection of clothing for various fitness activities. There is a big box store in town that also offers a wide selection of clothing and equipment to meet your needs. Walmart Super Center carries everything from exercise videos, to free weights, elliptical machines, treadmills, bikes, etc. And for those wanting something unique and in your favorite t-shirt, we have a few boutique options for those as well.

There are shoes specifically for running, hiking, biking, playing organized sports, etc. And likewise, there is clothing that is meant for various weather conditions in the event you are outside in the cold or need to wick water or moisture away while indoors. If you haven't been shopping for this type of clothing and accessories the choices can be somewhat overwhelming, sometimes even for seasoned individuals due to rapidly changing technology.

**If you are enlisting the help of a trainer or are joining a fitness facility, please talk with the trainer or staff on what might be helpful to you to purchase to aid in your new fitness plan. If you are doing so on your own talk with the staff at the store regarding your plan, comfort concerns, etc. and they will be able to help choose the right items as well.**

**The internet is also a great resource for reviews, trends, etc.**

## FITNESS EQUIPMENT & CLOTHING

### HIBBETT SPORTS

1780 S. 4<sup>TH</sup> ST. | CHICKASHA, OK | M-SA 10 AM TO 9 PM; SUN 1 PM TO 6 PM

### WALMART

2001 S. 1<sup>ST</sup> ST. | CHICKASHA, OK | FITNESS EQUIP. & ACCESS. LOCATED IN SE CORNER | 24 /7

## SPORTS & FITNESS CLOTHING & ACCESSORIES

### GOODY'S

2403 PONDEROSA DR. | CHICKASHA, OK | M-W 10 AM TO 7 PM; TH-SA 10 AM TO 8 PM; SUN 1 TO 6 PM

### SHOE DEPT.

1702 S. 1<sup>ST</sup> ST. | CHICKASHA, OK | M-TH 10 AM TO 8 PM; F-SAT 10 AM TO 9 PM; SUN. NOON TO 6 PM

### STAGE

623 W. GRAND AVE. | CHICKASHA, OK | M-W 10 AM TO 8 PM; TH-SAT 10 AM TO 9 PM; SUN NOON TO 6 PM

### TAYLOR SHIRT SHACK

416 W. CHICKASHA AVE. | CHICKASHA, OK | M-F 10 AM TO 5 PM; SAT NOON TO 5 PM

### WING TS

802 W. CHICKASHA AVE. | CHICKASHA, OK | M-TH 10 AM 5 PM; FRIDAY 10 AM TO 6 PM

{GET FIT | BE HEALTHY 2016}