

## Empowering Language for Navigating Fitness Spaces

Talking to gym staff, personal trainers, or class instructors ahead of time can help create a more supportive experience. Below are example statements you can use to express your needs and preferences clearly and confidently:

### Managing Expectations

- “I’m managing a chronic condition, so I’ll be modifying some movements—just letting you know in advance.”
- “I’m here to build strength and confidence, not to push through pain. Is it okay if I adapt as needed?”
- “I’d like to take things at my pace today.”

### Setting Boundaries

- “I’m focusing on how I feel, not how I look—so please no comments on my body shape.”
- “Please don’t assume I’m here to lose weight—my goals are about strength and function.”
- “Is there a space where I can stretch or rest if I need a break during class?”
- “I prefer not to be touched or corrected physically—verbal guidance is great though!”

### Asking for Support or Information

- “Do you have experience supporting people with lipoedema?”
- “I’m looking for an instructor who focuses on function, not weight loss. Would this class be a good fit?”
- “Do you offer lower-impact or accessible class options?”
- “Are there quieter times at the gym that might feel less overwhelming?”