












Using the gym can help some people feel calm.  
 For other people, it helps them feel more alert and focused.  
 This can help you feel ready for school, homework and lots of other activities you do every day. This is because when we use our muscles to push, pull or lift we use our proprioceptive sense.  
 Proprioception is very powerful in helping people feel calm and alert.

Here are some common gym machines.  
 Some give more proprioceptive input than others.

MODERATE PROPRIOCEPTIVE INPUT		HIGH LEVELS OF PROPRIOCEPTIVE INPUT			
Treadmill - set at no incline		Spin Bike - set to higher resistance		Cable Machine	
Elliptical Cross Trainer - set to low resistance		Treadmill - with increased incline		Lat Pulldown	
Spin Bike - set to low resistance		Rower		Assisted Pullup	
		Lifting weights (barbell, dumbbells, kettlebells, weighted balls)		Leg Press	
		Stair Climber	