

ABSTRACT

Sport is an activity carried out with a specific purpose, such as improving physical or mental health, because regular exercise can help maintain health. The author observed that beginners in fitness centers or gyms often found that beginners made mistakes that could injure themselves and those around them, so the author conducted a survey and then continued to find out what obstacles occurred to Telkom University members in do fitness. The obstacle when doing fitness activities is that they don't understand their bodies, so the weights they lift are too heavy because beginners only do weight lifting without knowing the procedures or steps that must be done before fitness and after fitness, which can be dangerous for their body. This is because some members do not use the services of a personal trainer. Beginners often feel that just going to the gym is enough to help them achieve their goals in the shortest possible time. To avoid this, the author designed information media regarding fitness sports guides for beginners who want to do fitness at the gym without the services of a personal trainer for those who do not have enough money to hire services.

Keywords: *Information Books, Fitness, Beginners.*