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Working Out Doesn't Have To Be Complicated

Whenever I'm talking to others and the topic of working out is brought up, some common phrases I hear are: "I wish I was as motivated as you" or "I can't fit working out into my schedule." There could be genuinely good reasons as to why the gym isn't a part of a person's routine, but when I hear statements along these lines of those, I can't help but feel like they are excuses. Whatever the circumstance may be, I feel as though many people are too intimidated or confused to start working out because of certain factors like the sheer amount of misinformation on the internet, the idea that the gym is an intimidating place, or that the fitness lifestyle is very strict. These are all valid concerns, but I'm here to reassure you that once you have a good foundation and discipline, working out isn't nearly as complicated (or scary) as you may think. In fact, you may just realize how important working out truly is for your health. I have been going to the gym consistently for nearly two years now, and I couldn't imagine my life without fitness now. Exercise is something that you can completely cater to your type of lifestyle, and can be a variety of different fun activities. It is very important to get our exercise in and shouldn't be something we ignore due to the multitude of benefits it has not only physically, but the improvements it will bring to other areas of your life as well.

Its hard for people to get motivated to get into the gym because many believe that you have to commit to a strict diet and routine. There's nothing wrong with wanting that for yourself, but it

really doesn't have to be that way. In some cases, people may want to commit to more strict routines, but if you're trying to ease yourself into going to the gym, I highly encourage you to make it as fun for yourself as possible. I believe that you should learn to enjoy the process of improvement more than an actual end goal you're trying to achieve. Start slow and find your love for exercise, and don't put too much pressure on yourself to look or be a certain way. It's easy to overestimate your limits when you first start out but it's insanely important to be safe and not injure yourself. There's a lot of things I tried initially to make my gym routine more fun for myself. Whether that be changing up my workouts for the day, listening to some motivating music, or even trying out a new physical activity like biking or skateboarding. One thing that really helped me stay motivated to go to the gym, was going with friends to make the experience more fun for myself. I can vividly remember a gym day I had a year ago where we somehow managed to get around eight or so of my friends into the gym that some of us went to. What we noticed is we actually got a lot done and had an insanely fun time doing it too. Standing in a circle with all of my friends cheering on one of us going for a personal record, joking around between sets, or just going on the bikes with everyone just felt like a great way to spend our time while benefitting from the workout too. Building good experiences like this early on my workout journey really helped me stay motivated to go. I'm not saying you have to bring all your friends with you to be successful in the gym, but something to make it easier for yourself to go will benefit you a lot.

Another reason why I see people confused on where to start with working out is due to misinformation on the internet. This has been a rising issue on platforms such as TikTok because it houses numerous fitness content creators. While there are a ton of great people out there to take information from, many also are just in it for the profit and want to take advantage of people

who are uninformed about fitness related info. It can be hard to tell if they're truly working in your favor or if they're just chasing profit, especially if you're new to the gym. Many influencers or fitness sites who are in it for the money will advertise for trivial equipment, workouts or useless supplements so they can make profit off their impressionable viewers. They make it seem like you NEED this supplement if you want to see results, or you NEED to do this random workout to get your chest massive, but why should you? Working out is not a new concept that is constantly evolving. There are movements that have worked efficiently for decades. what genuine benefit could these new fitness trends actually give you in comparison to a traditional movement? What's the benefit of a hex press over your traditional dumbbell press? The reality is, not much. I believe this misinformation will just further confuse people on where to start in the gym process. It is not impossible to set up a good routine. The main factor is you have to be motivated to create one. This means taking the time to find and study your own credible sources. when I was first getting into fitness, I found that TikTok and other social media apps would show me a lot of conflicting information around the board. That caused me to feel overwhelmed that I was never going to figure out how to workout properly. I would go to the gym and try these "efficient" new exercises I was being taught, but they almost felt trivial to do. Why should I do this weird shoulder press variation, when all it's doing compared to a traditional movement is make me more tired and put my arms in an awkward position? After taking the time to ask some credible people and researching on what I wanted for myself, I was able to create a good routine with relative ease. After gaining that knowledge, I started realizing a lot of the things that get advertised on social media that I talked about before are generally supplementary.

You don't need some "ancient super food" or "the best pre-workout on the market" or some other buzzword ridden supplement to be successful with fitness. All you need is yourself,

and your drive for improvement. On platforms like YouTube there's a lot of people who break down the guidelines for what creates a good routine and will give you the straight facts when it comes down to a lot of fitness things. Some credible sources I used to help myself with body building specifically were people like Noel Deyzel, Sean Nalewanyj, and Jeff Nippard. A lot of cases you don't even need to use social media if you have an experienced friend or coach who's willing to help on your journey as well. It all just depends on what resources are available and what opportunities there are to take as well. Once I had my workout structure set, I found that it helped a lot to drown out all the unnecessary noise from the internet when it came to fitness. I found what worked best for me, and while it was a process; the trial and error of it all eventually got me to a very efficient and consistent level in the gym. That's really what it's all about, finding out what works best.

I think committing to working out consistently was one of the best things I've ever done for myself. It really elevated my mood and the discipline that I learned from working out helped me improve other areas of my life as well. We were made to be active, and even if you think the gym isn't for you there's numerous different ways to break a good sweat. Consistency is the key to improvement in life, and working out is a great example of that. Getting past that initial mental barrier took some time and discipline for me. I know how hard it is at first to start going. Lord knows my consistency with the gym didn't happen overnight. And it's completely normal to feel like exercise is intimidating. But once you actually start doing good for yourself in this area, you'll want to start doing good for yourself in other areas too because of that perspective shift. I know working out can seem intimidating at first for a lot of reasons, but as you keep going you'll be satisfied and glad that you took that leap. I don't know anyone who has ended up

regretting that they started being active. If fitness is something you've wanted to get into I highly

encourage you to take that leap, your accomplished future-self will thank you for taking action.