

Common gym fears & solutions

If going to the gym makes you nervous, you're not alone. Many people feel uncomfortable going to a new place with new people. But, if you find ways to deal with these fears, you could end up with a healthy habit that makes you feel great!



Fear #1: I don't know how to use the equipment.

Solution: Ask for help from others. This can be a gym employee, personal trainer or a trusted friend. When choosing a gym, choose one that is well-staffed and has helpful employees who make you feel comfortable. Another option is to join a gym your friend already belongs to, and set up a time to go with them. Some gyms have personal trainers who work with members and show them how to use the machines and other equipment.



Fear #2: I don't know what to do at the gym.

Solution: Have a plan before you go. Many fitness websites have printable exercise plans, or you can make your own by writing down a few activities yourself. Start with simple things you already know how to do, such as walking or running. Another option is to take a class you'll enjoy and follow with a few minutes of stretching.



Fear #3: I don't want people looking at me while I exercise.

Solution: Many people feel self-conscious at first. But, most people are there to exercise — not look at others. And they may be just as nervous about others watching them as you are. Wear comfortable clothing. Don't worry about the latest styles, but choose something that makes you feel good and allows you to move freely.



If you're not comfortable going to a gym, don't let that stop you from exercising. Choose workout videos that can be done at home. Many libraries have a variety of videos so you can try before you buy. If those don't appeal to you, lace up your shoes and walk around your neighborhood.