

4 REASONS BEGINNERS QUIT FITNESS

by gFit

4 REASONS BEGINNERS QUIT FITNESS (AND HOW TO FIX THEM)

1 FITNESS FEELS COMPLICATED AND SCARY

EVERYONE AROUND ME LOOKS SO FIT AND ACTIVE. I DON'T EVEN KNOW WHERE TO START. MAYBE FITNESS JUST ISN'T FOR ME?



EVERY SINGLE ONE OF THOSE PEOPLE STARTED FROM ZERO. FITNESS IS A SKILL, NOT A TALENT, AND LIKE ANY SKILL, IT STARTS WITH ONE SIMPLE FIRST STEP.

FITNESS DOESN'T REQUIRE EXPERIENCE TO START. ALL IT TAKES IS A FIRST STEP.

2 NO VISIBLE RESULTS

I'VE BEEN WORKING OUT FOR A WEEK, AND I SEE NOTHING IN THE MIRROR. MAYBE THIS IS JUST A WASTE OF TIME?



YOUR MUSCLES START CHANGING AFTER THE VERY FIRST WORKOUT, IT'S JUST NOT VISIBLE ON THE OUTSIDE YET. THE FIRST CHANGES THAT OTHER PEOPLE NOTICE SHOW UP AFTER 4 TO 6 WEEKS. YOU JUST HAVEN'T GOTTEN THERE YET!

CHANGES HAPPEN ON THE INSIDE LONG BEFORE THEY SHOW UP IN THE MIRROR.

3 NO TIME AND NO ENERGY

I HAVE ZERO ENERGY AFTER WORK. MAYBE TOMORROW?

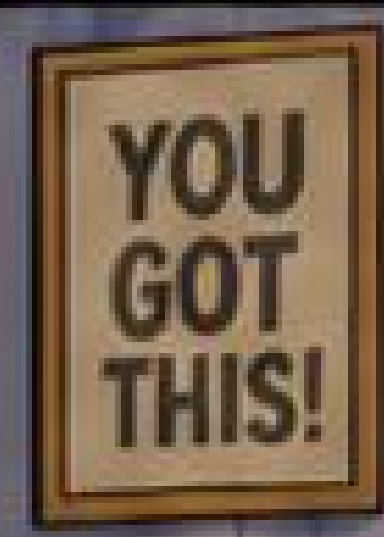


POST-WORK FATIGUE IS MENTAL TIREDNESS, NOT PHYSICAL. 15 MINUTES OF ACTIVITY INCREASES BLOOD FLOW TO YOUR MUSCLES AND BRAIN, AND AFTER THE WORKOUT, YOU'LL HAVE MORE ENERGY THAN YOU DID BEFORE!

15 MINUTES OF TRAINING GIVES YOU MORE ENERGY THAN AN HOUR ON THE COUCH. YOUR BODY CHARGES UP THROUGH MOVEMENT.

4 SORENESS AFTER THE FIRST WORKOUT

EVERYTHING HURTS AFTER YESTERDAY'S WORKOUT. THIS IS DEFINITELY A SIGN THAT FITNESS ISN'T FOR ME!



THIS IS CALLED MUSCLE SORENESS—IT'S YOUR MUSCLES ADAPTING AND GETTING STRONGER. AFTER 2 TO 3 WORKOUTS, YOUR BODY ADJUSTS, AND THE PAIN GOES DOWN. IT'S A SIGNAL THAT YOUR BODY IS ALREADY WORKING!

SORENESS AFTER YOUR FIRST WORKOUT IS COMPLETELY NORMAL. AFTER THE THIRD ONE, IT WILL BE ALMOST GONE.



EVERYONE GOES THROUGH THIS. GIVE YOURSELF **5 DAYS** AND STICK WITH US — WE HAVE PLENTY OF GREAT WORKOUTS WAITING FOR YOU!