

WIC WELLNESS WORKS

Gaining Confidence at the Gym

The gym can be a terrifying trip, even for those who are in great shape. You may feel like the whole world is watching you attempt to readjust that weight machine with no luck. Follow these five tips from a fitness expert to help you become more comfortable in your gym:

1. **Have the right mind set**

It takes time to learn new routines, equipment, and techniques. Cut yourself some slack and don't worry about how you look to your fellow gym-goers. They are probably more worried about their workout than to notice that you are trying something new. The most important thing to remember is that everyone is a beginner when they start.

2. **Trainers are there to help**

Most gyms have a team of trainers and staff to help you. These trainers are walking around the building and can easily guide you through the steps of properly using a machine. If the trainer isn't with someone, don't hesitate to ask for help. You will learn how to use the equipment properly and save yourself from unnecessary injuries.

3. **Equipment is less scary than it appears**

Take the time to look at the illustration or diagram on the equipment. Some machines appear much more complicated than they actually are. Also, watch your fellow gym-goers using the machine to help you figure it out.

4. **Go online**

Many times you can look up workout equipment online and there will be a tutorial on how to properly use it. This is very handy if you don't want to ask others around you. Write down the name of the equipment and check it out before you return to conquer it.

5. **Start with baby steps**

Slow and steady wins the race. Start with basic machines and work your way up to the more complex. Remember to ask for help if you have any questions.

