

# How to do, then start your workout



how to begin correctly at gym After thanksgiving eve and festive seasons eating lead you to gain so much weight, that you cannot lose it by your normal workout routine.

But adding any new exercise or new plan gets difficult for us because we don't know to do it. You also feel lazy if you are doing the same exercises daily and you feel like introducing yourself with new routine. It's your first day in the gym and you don't know what to do with all the equipments, so here are the suggestions on how to start new workout when you don't know much about it-

- 1- Start with small steps Don't just change the whole routine on the very first day. And if you are new in the gym then just don't run to every machine do all the exercises. Don't run on the treadmill for 30 minutes. It is always good to start with small steps like 15 minutes on treadmill or cycling and then 30 minutes on other equipments.

And slowly increase your potential, start running for 20 minutes on treadmill and then 30 minutes.

- 2- Choose the exercises before going to gym You should know what you want to be like you want to stay fit or to become bodybuilder or anything else. Choose your workout according to it. And if you have no idea what to do, then start your workout with a trainee.
- 3- Buy yourself good gym gear Comfortable clothes and shoes play the important role in maintaining your regularity at gym. Buy comfortable and right size of gear for yourself. Because if you have got small or big size of shoes then you will hurt yourself somehow and will skip the gym. And new things in closet are always exciting.

4- Diet Proper nutritious diet is as important as going to gym; we can even say diet is more important. Spending hours in gym and then eating at fast-food corners nullifies everything. Your diet should include lots of proteins, complex carbohydrates and healthy fats. Ask your trainee to make a diet plan for you. To get good and long lasting results you have to do both the things simultaneously. 5- Don't skip the gym It is difficult for everyone to take out extra time from your regular routine and do something new. But if you skip it for a few days then you have to start all over again, so it's better to be regular.

Keep yourself motivated and just keep in mind why you have joined the gym, what are your goals. Drink lots of water, eat fruits and green vegetables. Keep in mind that you are doing this for yourself.

Don't distract yourself and keep yourself motivated.