

# A brief talk about fitness and motivation

[Sport & Tourism](#), [Fitness](#)



Motivation for workouts is really important if you want to stay fit. Statistics say that at the beginning of the year 45% to 48% of people make the resolution to stay fit and or build muscle and live healthier. But only 8% percent of these people actually succeed. This is mainly because they have lost motivation.

When you keep getting motivation by seeing others who are advanced in fitness around you or even on TV then you would keep being pushed to be like them because you love what you see in them.

So that's what brought about my giving motivations and tips. So for today's motivation I would some brief talk about fitness. I will give brief talks based on 4 headings.

How Long Does It Take to develop a good visible and fit level of muscles?

This is usually the big question. The answer is it depends on the body type.

There are basically three types of body. Here they are:

\*Ectomorph

Clearly the skinny type.

Mesomorph

Clearly the midway

Endomorph

Clearly the big side.

So, for the skinny type supplements are required the most, work out at the gym, general workout. At least 4 times every week. Just 4 times out of 7 days is surely attainable. In two months you are sure to see a lot of improvements. If you want to be completely built you need to put in 6 months.

For the middle way supplements are not so compulsory but highly recommended though. Do general workout in a gym 4 times every week. Without supplements you are sure to see great improvement in 2 months and full build in 5-6 months. With supplements full build would be achieved in 5 months.

For the big side diet is recommended. Supplements too. First you have to lose weight before building muscle. It would take 1 to 2 months to lose fat before building muscle. After 2 months muscles can then be built. In 5-6 you would be built enough. Remember work outs should be done 4 times every week.

You Don't always see the improvements, it is the people around you that see it most.

So believe them when they say so and don't be discouraged. Sometimes it is the other way round, you see the development but people around you don't. But this is not usually the case, and a simple pulling off of your clothes would solve the doubts.

Misconceptions About Squats

The body has to be balanced, people usually pay little attention to the legs but this is wrong. Do the squats. People also think squats are difficult but they are easy when you try it.

Always Remember Why You Started

And always get you some motivation, don't overestimate your resolve.