**The 1st step to exercising**

The health and fitness industry has done something so subtle that most don’t even know. What the fitness industry has done is its managed to convince people that as long as you’re wearing the clothes, buying the equipment mix that with engaging and putting influencers on a pedestal and you are on the road to becoming healthier. Now this is clearly a lie that they are marketing to make a profit, but ask yourself why have so many people fallen for it.

Well the answer is simple, its because a lot of people want to get into shape but they know it’s a long and difficult journey that will require sacrifices that they are not yet willing to make, so instead they’re looking for any shortcuts they can get their hands on regardless of how stupid it is. Because the truth that everyone knows is that there is no quick fix and the only way to get into good shape is by waking up every day and putting the work in consistently over a long period of time, now of course there are other things that go into it like diet and stuff but if you are working with a half-baked workout plan but you are consistent with it might take longer but, results will follow hence why it’s the most important factor.

But yet knowing this people will still fall for every new supplement/training program that their favourite influencer if selling because the are still looking for shortcuts. Now it goes without saying that the people that fall for this are beginners, but the worst part is that when they realize it’s not working they tend to give up all together and revert back to the bad habits.

So what’s the first step to giving you the best chance of actually getting fit instead of just looking the part in your head. Well we established earlier that a consistent workout plan is the most important factor to getting into shape with that in mind. The first step is to use trial and error, what that means is when you start looking at what types of exercise you want to do at the start don’t make a plan for the next few month instead make one for the week and if you enjoyed the exercise you did in that week stick with it and if not try something else. Another myth that the fitness industry has pushed is that the gym is the best and only place to exercise, but in reality it is just one of the many ways to get fit.

For example if you want to build a muscular physic and you have no real understanding of what that looks like apart from watching YouTube vids of steroid injecting clowns who don’t care for your general health as long as you click the link in the description or swipe up on their story. Because of that you are going to walk into a gym and put a lot of effort into trying to improve and when the improvements don’t occurs as fast as promised in the YouTube vid you end up getting disheartened. But little did you know that your body might be better suited to calisthenics than lifting weights. And if you just did a little bit more research and gave it a go instead of going to the gym with false expectations you would have been better off.

Ultimately the first step is finding what form of exercise works for you because your version of getting fit will look different to what anyone else is doing and that might be that you like to workout at 3:00AM or you might find a sport that suits you and gives you more motivation to get even fitter who knows. The biggest benefit of this is that you will be more likely to stick at it and actually make improvements, sure it won’t have you ready to take topless Instagram pics by the end of the week, but it will get you there as long as you stay consistent and aim to improve as much as you can over a long period of time.

Another benefit is that it will make the process a lot more enjoyable, which makes sense because when you are doing something that feels like it was made for you to succeed instead of doing something that makes you feel like you’re fighting a losing battle. Not to mention it’s going to hurt a little more when you realise you doing it all based on the fact that that it worked for somebody else that is nothing like you. It also gives you ownership and responsibility which will also make you less likely to give up and throw in the towel so easily.

Lastly even though this post has taken shots at influencers and youtubers it goes without saying that there a lot of good ones out there and following them is definitely a benefit, but just be selective in terms of who you allow to give you information because it can be a big factor to not just your gains/improvement but also your overall mood and mindset towards working out.

Hopefully you found it helpful and at least interesting sign up for more content and you never know you might learn something.