

# WHEN YOU'RE AN INTROVERT AT THE GYM



## Go In Off Peak Hours

This might vary from gym to gym. But generally speaking:

Weekdays around lunch or in the early afternoon.

Late at night (past 8 pm if your gym is still open)

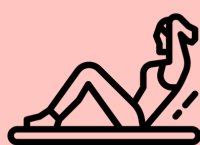
Weekends in the mid to late afternoon.



## Don't compare yourself to others

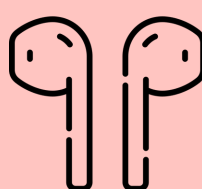
This is a difficult, but important one. They aren't you, and you aren't them.

You have to travel your own path. When comparing yourself to others, you focus on their strengths and ignore your own.



## Keep your workouts short

You don't need to spend all day in the gym. You don't need to be there for hours. An hour even. Small bursts of exercise throughout the day are just as effective as one longer session. Just 30 minutes of exercise is more than enough time to get in a great workout.



## Wear headphones

This is a no-brainer. The music at the gym is terrible. You can be in your own little bubble. People will usually not try and talk to you. It's easier to just blank out the entire world around you. Also you're not left with your own thoughts bouncing around in your head.



## Nobody is Judging you

Despite thinking you're going to be the center of attention, everybody is in their own little bubble trying to ignore everybody else. Chances are some are even as introverted as you.

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*"No one can make you feel inferior without your consent." — Eleanor Roosevelt*