Four Things Gym Goers Usually Do Wrong

For a newbie, going to the gym can be a daunting experience. All those machines, muscular, toned regulars cranking the weights, the fitness and nutrition advice and exercise routines you've seen in magazines whirling around in your head. However, even the most seasoned gym veterans get it wrong. In fact, sometimes those who have been hammering the gym the longest are the ones with the worst habits. Take a look at our hit list below to see how you can tune up your workout and eliminate the bad habits that may be holding you back from getting the best results.

Not Asking for Help

If you're unsure of something – ask! So many people feel intimidated at the gym. They never ask for assistance or find out how to use the equipment for optimum results. At best, people simply use the same machines over and over again or they use them wrong. At worst, they can be put off so much that they never return. If you don't feel able to ask someone in the gym or a member of staff, then turn to the Internet. There are so many sites and resources online brimming with information. So think about your goal and get Googling.

Not Eating Properly

Nutrition is actually more important than what you do at the gym. If you don't get that right, your workout could be null and void. People still skip meals or eat convenience or junk food believing that it won't affect their workout. Sadly, this isn't true. Make sure you're getting a good mix of healthy carbs, protein, and fresh vegetables throughout the day. Snack when you are hungry and never starve yourself. Hydration is

also key. Feed your body properly and it will thank you, but most importantly, the benefits will come back to you tenfold.

Not Compensating for Dietary Gaps

Eating right and ensuring your body is getting the essential nutrients it needs is easier said than done. It is important to be aware of the gaps in your diet so that you can take measures to resolve them. While food should be your primary source of nutrients, vitamins and other dietary supplements can compensate for the minor gaps in your diet. It is important to understand that they do not by any means replace all of the nutrients and benefits of whole foods. They are purely a supplement to your diet that can help prevent deficiencies. Supplements have been scientifically formulated according to goal, gender, and age so you can choose a supplement that matches these attributes.

Not Changing It Up

Lots of people get stuck in the same routine – a routine they feel comfortable in, one that they like – the same time, the same machines, the same classes. However your body soon gets used to one type of exercise, so you have to keep it guessing in order to stay fit and toned. Sure, you might know what works for you, and that's fine, but make sure you're switching it up now and again and adding new things that will shock your body and produce some surprising new results. Identifying the mistakes you are making is the first step to self-improvement. Nobody is perfect, we are all guilty of a few bad habits. But, if they are hindering your personal goals and objectives, isn't it time to make a change?

Further Reading:

- *80% Raw Food Diet*
- *Yoga – A Beginner's Guide*

- *What to Expect When You Hire a Personal Trainer*
- *Total Nutrition – Make your own Homemade Multivitamin and Mineral Formula*