

# 11 Ways to...

## CRUSH GYMTIMIDATION

### BEFORE THE GYM

- Make a plan.** Use YouTube, Instagram, blogs/websites, or your own knowledge and experience to make an exercise plan for your workout session.
- Practice any new exercises that you feel uncertain about at home.** Go through the basic motions of the exercise in front of a mirror or recording yourself with your phone to get a feel for the movement and correct any noticeable errors in your form.
- Create a playlist that makes you feel like a total badass.** Use Spotify, Pandora, Apple Music, or the app of your choice to put together a playlist of songs that pump you up.
- Choose an outfit that makes you feel comfortable and confident.** Before heading to the gym, make sure that whatever you choose will still be just as comfy and cute when you're actually exercising (i.e. Do your leggings pass the squat test? Do you have to pull up your pants every two seconds? Does your shirt ride up?).
- Focus on small wins.** Remember that just showing up to the gym day after day is a big accomplishment already!

### AT THE GYM

- Avoid peak hours.** Ask the gym staff when the least busy times to come in are. Alternatively, do a quick Google search on your specific gym location and use the "Popular Times" section in the sidebar to determine what times have the lowest traffic.
- Get a feel for the layout of the gym.** Before you workout the first time, ask a trainer or staff member for a tour of the facility or do a walkthrough yourself to get a lay of the land and an idea of what equipment is available.
- Recruit a friend to be your workout buddy.** Find someone who you can exercise with without feeling judged and who will keep you accountable.
- Sign up for a class.** Find out what classes your gym offers and sign up for one that piques your interest!
- Get clear on WHY you're making exercise a priority.** Write it down in a note on your phone and keep it handy if anxiety starts to raise doubts.
- Recognize that everyone is too busy checking themselves out to pay much attention to you.** If anyone is going to judge you negatively for making an effort to live a healthier life, then *they* are the one with the problem, not you. You've got this! I'm so proud of you!!!