



EAP Notes

Lifestyle Changes One Gym at a Time

The time has come again to make a New Year's Resolution. If you're like most people, last year's resolution was to get physically fit and you were faithful to it for about a month. But, this year, you're going to finally do it! Except there's one thing holding you back -- you're terrified of going to the gym. This very serious condition is called *gym-o-phobia* (*not really, but for the sake of the article, just go with it*). If you're a *gym-o-phobic* but feel you could benefit from working out in one, consider the following tips on how to overcome your apprehensions.

- ☺ **Get a more realistic image of what gyms are really like.** The truth is, most people who go to the gym are there for the same reasons you are: to sweat off a few pounds or chisel a better body.
- ☺ **No one is really going to notice you.** When working out, most people are focused on themselves. Weight training requires looking into a mirror for proper form and technique. Furthermore, most people on aerobic equipment are reading a magazine, listening to music or watching TV.
- ☺ **Try going at off hours.** To help get past the shock of working out in public, try going during off peak hours. There tends to be less traffic in the late morning and early afternoons.
- ☺ **There's safety in numbers,** so enlist a friend to brave the gym with you. Choose a *gym-buddy* who's nurturing, supportive, about the same fitness level as you, and in it for the long haul.
- ☺ **Make friends with the staff.** Don't be afraid to ask questions about and how to properly use equipment. You're not the only one that thinks the equipment looks like ancient torture devices.
- ☺ **It's for a good cause -- you!** Although, it's always a little uncomfortable to enter uncharted territory, this is one time it's worth it.

Adapted from: Conquering Gym-O-Phobia, www.iVillage.com

If you're ready to make a lifestyle change, Best Care EAP can help! Whether it's starting a fitness routine, quitting smoking or losing weight, Best Care can help you along the way. Best Care's team of professional counselors can help you develop the motivation and self-confidence you need to succeed. To schedule a confidential appointment, please call 402-354-8000 or 800-666-8606.

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