

# Goals to Get into the Gym

Getting off the couch and into the gym can be an intimidating process, especially when everyone seems to know a lot more than you do. To be successful in your fitness goals, it's important to start off on the right track. Far too many beginners get started on the wrong foot, develop bad habits, and then struggle to achieve their goals of building muscle and burning fat. I don't want you to struggle with more challenges than you already have to—many are avoidable! If you can make your first steps positive ones, you'll make excellent progress right away and avoid feeling lost at the start of your fitness journey. Going to the gym once is definitely a great start, but you won't see positive changes in your mind and body unless you make hitting the gym a habit. I know it might sound like an impossible task, especially if you feel you have a full day already, but working out 3-4 times each week for at least three weeks is absolutely essential to your budding success. Building lifelong habits takes time, but once you've built those habits into your daily schedule you'll notice that missing them is irritating. "Experts say it takes 21 days to create a habit," says Barbara Bolotte, BPI athlete. "This means it won't be until after 21 days of consistent work at the gym that it'll bother you to miss a workout." When skipping the gym is more of an annoyance than a relief, you know you're on the way to success. Give yourself time to make the habit stick. One week is not enough. Be consistent in your plan and you'll move forward very quickly toward your goals.