I joined a gym, but I am intimidated when I go there. How do I get over the hump?

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This is a very common issue and I agree. When I joined my first gym, I was 100 pounds overweight, had no knowledge about exercise and I was terrified and self-conscious.

Fortunately, many gyms have trainers that will introduce you to a few machines and design a basic strength workout. Once you have a routine and are more familiar with the equipment, it gets easier.

If you enjoy classes, select a beginner's class. It is also often helpful to join with a friend and keep each other accountable.

Reward yourself for consistency. Perhaps after six weeks of consistency, enjoy a massage, manicure or movie.

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