



# Be Well Aware – Health Article



## Exercise Ideas for when you Hate the Gym

### One Size Does NOT Fit All!

The great thing about fitness is that the options are endless, there is no right or wrong answer. Whether you thrive as an outdoor runner, a traditional weightlifter, a yoga participant, or other, your wellness journey is up to you. Letting go of the myth that you need to exercise in a gym to be "fit" is an important start to accepting your preferences and finding what works for you!

### What Don't You Like?

It is completely acceptable to not like the gym. Realizing what we do not enjoy can help us determine what we do enjoy! Ask yourself these questions. Do you dislike the gym because you do not enjoy exercise? Is it that there are too many people around? Do you feel judged or insecure? Do you love the group atmosphere but feel awkward exercising around others? Are you uninterested in fitness equipment? Whatever your reason is, it's likely there are ways you can move your body that you will enjoy. The benefits of exercise are endless, read on to find what might work for you.

### Take it Outside

Depending on your location, you can utilize the great outdoors for a variety of exercise options:

- Walking/Running
- Swimming
- Biking
- Strength/Cardio using equipment at the park
- Head to your nearest city and take a self or tour-guided walking tour



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## Get Sporty:

Chances are if you did sports when you were younger, you might still enjoy them! If not, what's the harm in giving them a try? There are multiple sport leagues, some more serious than others, that invite individuals of all levels. If you are not interested in joining a league, organize a pickup game with friends and family! Some types include:

- Basketball
- Baseball/Softball
- Volleyball
- Kickball
- Soccer
- Hockey
- Rock Climbing

## Try a Studio:

Many exercisers are intimidated by the free weight area or the overall complexity of equipment offered in a traditional gym. If this describes you, visiting a studio that focuses on one aspect of fitness might be a better start.

- Yoga Studio
- Pilates Studio
- Dance Studio
- Spin Studio

## Get Competitive:

If you enjoy competition, these suggestions are for you! Competing with yourself or others can be a motivating way to stay consistent with physical activity and exercise.

- Challenge your friends to a competition using fitness trackers
- Train for and compete in a 5k, 10k, or even a marathon!
- Try an indoor or outdoor obstacle course
- Sign up for a mud run

## Exercise At Home

If the gym setting is not for you, start a home-workout routine! Contact your CFW Team Leader for a free exercise plan or take matters into your own hands with some of the following options:

- Finding Follow-along CFW sessions
- YouTube exercise videos
- Home equipment: Free weights, spin bikes, yoga mat, etc

methods of movement that are enjoyable to you will prove the most successful in adherence and consistency. Take inventory of what activities and exercises bring you joy, and structure your routine around them! Keep in mind that we are all on our own fitness journey and there is no right or wrong. It's okay to hate the gym, just keep that body moving in ways that work for YOU!

