

## **5 tips for thriving in the gym**

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So many people avoid the gym and therefore exercise because they feel they don't belong.

I want to help you feel like this is your space - to enjoy - to push yourself and to thrive.

Here's my 5 top tips to help you feel more comfortable:

1. Head to the gym with a plan - having a program to follow will enable you to have focus.
2. Headphones on and a playlist you love.
3. It can be helpful to have a training buddy - a little bit of accountability to each other can go a long way.
4. If there is a piece of equipment or movement, you're not sure of - ask for help! People are always willing to help you learn and build confidence.
5. Remember your own personal reason for being there. And keep that at the forefront of your mind. To make yourself happier, healthier, stronger and everyone has the right to do that!