HOME WORK!?

If you want to commit to a fitness lifestyle but your current lifestyle and commitments keep you from getting to the gym, then you may want to create the possibility of setting up your own home gym. We would all like to make fitness a full time priority. However, it becomes challenging (especially if you have daily commitments). We understand that we need to work out and be persistent with our efforts as well; however, we have little time blocked out to do it.

This is where a home gym can be effective for you. Don’t get me wrong, gym memberships are a great thing to have as well. However, having an area to set aside to exercise can be asset to people for whom fitness is on high priority. Shashank Agarwal 35 yrs Businessman says “With Home Gym; I can work out at any time. I will also have less time constraints to skip work outs. Home gyms are also a time saver for weekends, where I can only allocate a half hour of my schedule to weight lifting and then spend the rest of the time with my family”.

A perfect example of the flexibility of a home gym is when you experience an un-expected schedule change. If you wake up late and miss your opportunity to go to your gym, you could always get a quick work out at home before you leave for work. Having a home gym is a good, but the equipment can be a little expensive. So it is important to research before purchasing any gym equipment. “You could buy basic weights and a bench to start off with and then get more equipment as your financial situation permit” adds Ajit Sarkar 27.

A weight gain can make it to the gym all the time, then consider investing in home gym. Not only does it make the trip to the gym more convenient for weekends, but it also makes it to the gym all the time, then consider investing in home gym. Not only does it make the trip to the gym more convenient for weekends, but it also makes it easier to make time for your workouts. Privacy is also an advantage feels Akansha Mehta a housewife “Having a Home Gym gives me privacy which make me focus on my routine. Since there is less chance of socialization (than there would be at the gym), you one can really dial into their work out. Also, you can watch or listen to what ever you want while you’re working out.”

So if you’re a person with many daily commitments and can’t set aside a daily schedule for a gym, then a home gym can be the perfect solution.

A proper check on the calorie requirements is patient and control. Such guilts are usually followed by crash dieting. It is a complete misconception that starving or crash dieting can help in loosing weight and maintaining a good health. Crash dieting and starvation may lead to anorexia, lean muscles and loss of body water. One can keep munching while on a diet, though it is very important to keep a watch on what you are munching on. Losing weight is not a difficult task all it requires is patience and control. A proper check on the calorie intake is essential and avoiding fried food is always recommended.

You could also use this advantage at night. If you miss your morning workout, you can always work out in the evening when you get home from work.

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