Going to the gym is like quitting smoking. You go for a few days, but then your urge takes over and you lose interest! says, Nainesh Rajani, 27 year old, Equity Analyst at Tata MF.

Nima Kaushik is a 25 year old MBA who juggles her gym dates as per her hectic schedule. “Although I’m no regular at the gym, I have realised that once I start working out I feel energetic and refreshed. I feel the need to continue my workouts. But due to work constraints, I haven’t been to the gym for nearly two weeks.” What she faces later are the classic symptoms that result out of taking long breaks from the gym. “I realised that I started feeling lethargic and even slightly irritable because I feel I’m gaining weight and becoming unfit.” To begin with, most of us don’t consider going to the gym an important part of our routine. It’s almost gets a step motherly treatment when given a choice between going to the gym and watching your favourite television show. While it’s okay to spend additional hour in the office to finish some important work, it’s also crucial to maintain that level of dedication towards your fitness regime. “You know, it’s like when you decide to quit smoking. You leave it for a few days, but then your urge takes over and you start smoking again. Same way, for a guy, he joins the gym for a few days, but unless he’s not serious about building muscles, he loses interest and stops going”, admits Nainesh Rajani, 27 year old Equity Analyst at Tata MF, who once took a year-long break from his workouts.

First things first, if you want to avoid being called a ‘Gym Quitter’, you ought to figure out if it’s the right time to join the gym. Do you feel the need to lose weight at this point? Is it suitable your office timings? Secondly, what is it that you are working out for? Are you trying to just lose weight? Are you trying to get the perfect abs? Or are you trying to build muscles? If are clear on this, it will help you know the frequency of your gym dates and the number of hours you will need to invest in your workouts. What comes along with this could also be the time limit you set for yourself (if at all) to achieve a particular fitness goal. Like, do you want to lose 5 kgs in 1 month? Or do you want to get 6 packs before your wedding? However, despite trying your best, if you still end up faltering your plans, there are a few things that can help you escape that undesired weight gain. “If it’s really difficult for a person to make it to the gym, he or she can observe free-hand workouts at home”, suggests Aleem Ahmed, Fitness Expert at Gold’s Gym in Bandra.

Exercises like skipping, push-ups, squats, crunches can be done even in the confines of your house. But what will help maintaining the body even better is a maintained diet. One should try and not succumb to sweet cravings but instead, eat healthy. Also, a popular myth that people generally believe is that one puts on weight if he/she suddenly stops going to the gym. That is not entirely true. If proper care is taken of your body and diet, nothing can stop you from being fit and healthy. All you need is a positive attitude.