

If You Want Big, Muscular Arms, Just Get Started!

Contributed by M. G. Winston
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The health benefits of weightlifting and fitness activity have been documented extensively by medical and fitness experts. But most people still fail to perform just one hour of physical exercise per week.

For many, the most difficult part of any training program is simply getting started. Common excuses such as "I don't have time to workout" or "I'm too fat to be seen in a gym" often keep would-be fitness enthusiasts from starting a workout program. Even those who manage to start working out frequently give up in frustration at their perceived lack of progress as defined by what they see in the mirror.

When you see pictures of me on my website, the most important thing to realize is that when I first started weight training, I didn't look anything like I do in the photos. I can still remember being teased as a child by the "skinny kids" in my neighborhood — they all had fun calling me "chubby" and pointing out that I had to wear "husky" pants while their moms could shop for them in the "slim" section of the local clothing store.

Now, of course, things are very different. And when I think of the fun and benefits that I've enjoyed from all of my years in weight training, I'm glad I didn't let my childhood insecurities or the "intimidation factor" keep me from starting my workout program.

If you've ever failed to get started at a gym because you think you're "too fat," "too weak" or "too anything" to workout in public, you've fallen victim to the intimidation factor. Don't do this! I know from personal experience how insecurities about your physical appearance or condition can discourage you from getting into the gym with the "skinny kids." But just like I did, you must overcome these feelings and get about the business of building the body that you desire.

Sticking To It

Once you get started, set realistic goals and don't try to progress too rapidly in achieving them. It's easy to get frustrated and quit your workouts prematurely if you try to do too much too soon. A slow and steady approach will help you avoid the disappointment that comes from focusing impatiently on your destination rather than enjoying the journey. Remember, improving your health and appearance is a process that occurs over time, not an event that happens instantly.

When you begin your training, go slow, have fun and make sure that you vary your workouts. Follow these simple tips you and will soon be on the road to building Big, Muscular Arms.

All the best,

M.G.