

# A Brief on Exercises in Gym with Some Misconceptions

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## INTRODUCTION

Ancient gymnasiums were the places for social interaction, recreation and leisure, but they were first and foremost educational institutions where the intellectual and athletic training of a military character was supposed to be accomplished. The Greek gymnasium was a popular recreational space for the members of the aristocratic class as it provided those with an opportunity to perform and enhance their outstanding persona and family [1]. Gyms are one of the most pursued leisure places in western societies and can be said to have established themselves as part of a white middle-class culture [2, 3, 4, 5, 6-8, 9]. Almost 13% of the UK population is registered as members of a private health and fitness gym or publicly-owned fitness facility, with London having the most registered users [10]. Depending on the size and target group, multi-purpose amenities encourage pre- or post-training activities, for example at their spas and beauty centers or they organize social activities at the weekend [11]. Indeed, gym membership usually starts with the diagnostic procedure of a health check where weight, height, body fat, blood pressure, body mass index, etc., are measured and compared to what has been established as a scientific norm so that goals for further training can be identified and changes noticed. Bodies can be sculpted and corrected by the right diet, exercise and cosmetic products. Advertisements suggest that individuals are personally responsible for monitoring and controlling their attractiveness and ambition [12]. Gym participants over 65 years old tend to come to the gym not only for physical training but also to form social bonds [13]. The medical condition might experience to come in a gym as a compulsory homework [14].

Nowadays over-weight then obesity is increasing day by day all over the world. Since people are becoming conscious but in this way, some are undergoing unwanted physique. Correct diet and physical labor are the key elements for maintaining human fitness. Without good strength or power and fitness, nothing is possible to gain. Sometimes for some physical ailments, physicians prescribe to their patients for going into the gym. For instance, respiratory ailments, digestive problems, arthritis, blood pressure, diabetes mellitus, etc. There are lots of benefits to perfectly using the gym. A master trainer guides

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all members of their gym. Based on the body structure and demand of those members, the trainer suggests their gym routine and diet. Age, sex, and physical condition are depended on the schedule of the gym routine. Sufficient time and goal for rectifying their body power and muscles, they should maintain the rules and regulations of the gym. Education on a balanced diet, ideal food, scientific lifestyle, as well as exercise is important for fitness. At home, parents should gather knowledge first on human health as well as food, exercise, and mental health also [15]. Hippocrates often used lifestyle modifications such as diet and exercise to treat diseases [16]. Lack of physical exercise and ingestion of excess calories is to enhance obesity [17]. Regular exercise will be our mandatory issue from the very beginning and this is the fundamental activity for everybody. After 16 years, everybody will be allowed to admit to the gym. Before this, they could regularize yoga in their home. Their parents will help them in this regard. For maintaining our better health all yoga poses as well as animal-inspired yoga poses are beneficial [18]. We should know the effects of every exercise item on our bodies. Proper posture and set with replication will be recommended by the trainer. Without their concern, we should not touch any object in the gym. Unwanted or forbidden workouts could harm your body; need to control your mind for the sake of your bodily improvement. Somebody expands misconceptions about the gym which are not scientifically correct. In this case, if you have any queries, ask the trainer, he/she will rectify you. Very few injuries could happen in the early days in the gym and for the time being, all will be neutralized by following the trainer's suggestion. Maximum injuries come from doing such non-prescribed exercise items and lack of proper warm-ups. If we stay at home and maintain exercise that will not be effective because at that time we do not have any routine or guidelines. Trainer of the gym knows about every muscle of our body with their contraction and expansion capability. In addition, in a gym, we have a goal to maintain our body shape where our home does not support it. Moreover, in our home, this is quite impossible to buy all items for the exercise. In the gym, they could provide all facilities, so all muscles (compound exercise) could be stimulated and the result would come gradually. It is no doubt that a gym is an excellent place not only for fitness but also a place for making bonds with other people. With the physical attitude, our mental health could be stronger. In more than 300 gyms in Dhaka city, 70% of people do not come to the gym regularly after admission because of their pain and some do not get desired result [19]. We should read adequate articles, journals, and magazines on human health. For avoiding boring sessions in the gym, it is needed to rotate the routine. Exercises in a gym can help to improve our sleep quality and energy level. We should do exercise in the gym with a small and build up to more intense workouts later when our body will be fully ready [20]. There is no doubt that exercise is a complete drug of human life and a combined succession of exercises like yoga, gym, aerobic and therapeutic could prevent our many types of cancers [21]. The objective of this study is to motivate people for coming to the gym and try to overcome such misconceptions about the exercises in the gym.

## Exercise In Gym

If you are over 40, changes in your activity level, eating habits, hormones and how your body stores fat can play roles. Every week at least 2.5 hours of moderate physical activity (like brisk walking or light yard work) can make you stay healthy. Muscles burn more calories than fat, can slow down your metabolism and make it harder to shake those stubborn pounds. Strength training at least twice a week can help you keep those muscles. People who do not get good-quality sleep are more likely to gain weight [22]. Exercise and nutrition, but avoid high-impact workouts that aggravate the joint. Swimming or cycling is one of the most acceptable activities in gym for our healthy joints [23] (Picture 1).

## Misconceptions about gym

**Weight gain:** Most of the people said that if anybody stops gym they will gain more weight. The truth is that after leaving the gym if their diet is improper or crash diet they will gain excess weight, the gym is not responsible here [24]. Exercise in the morning might help speed weight loss by priming the body to burn more fat throughout the day. In terms of weight loss, diet plays a much bigger role than exercise [25] (Picture 1).

**Height:** In addition, somebody says that during performing in the gym, you will be short. This is scientifically impossible, whereas exercises in the gym will give you correct posture so you will show a few centimeters taller, not short [24] (Picture 1).

**Hair loss:** There is no link between the high impact exercise and hair loss of people [26] (Picture 1).



**Picture 1.** National Gym of Saidpur, Bangladesh where author is continuing his workouts

## SUMMARY

If possible all educational institutes need to establish a gym for calorie burning and increasing the immune system of all employees and students. Physical activity, taking rest and enjoying life are very important for a student. In Bangladesh, most people perform exercise after affecting disease. Ill health is not suitable for exercise. In addition, need to overcome such misconceptions about exercises in the gym and motivate everybody to take admission to the gym for continuing a routine and obeying the rules and regulations of that particular fitness center.

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