



# Big "Box" Gyms or Small, Personal Training Gyms?

**B**ig "box" gyms or small personal training gyms? Both have their benefits and you can definitely get a workout at either, but what are you looking for? If you're a self-motivated athlete and know that you can consistently challenge yourself, then a big gym may indeed be the answer for you. However, if that is not the case and you feel you would benefit more from instruction and being accountable to an ongoing appointment schedule, then a small personal training gym is what would best benefit you. Big gyms don't call you if you don't show up. Small gyms do. We notice when you blow off your workout because it's too cold outside!

Yes, it's March now, but let's pretend for a moment that it's December 31st - the day before we all change our lives forever. Tomorrow is the day. The new you. Sure we've all made and broken resolutions, but this year it's going to be different!

## Lesson No. 1

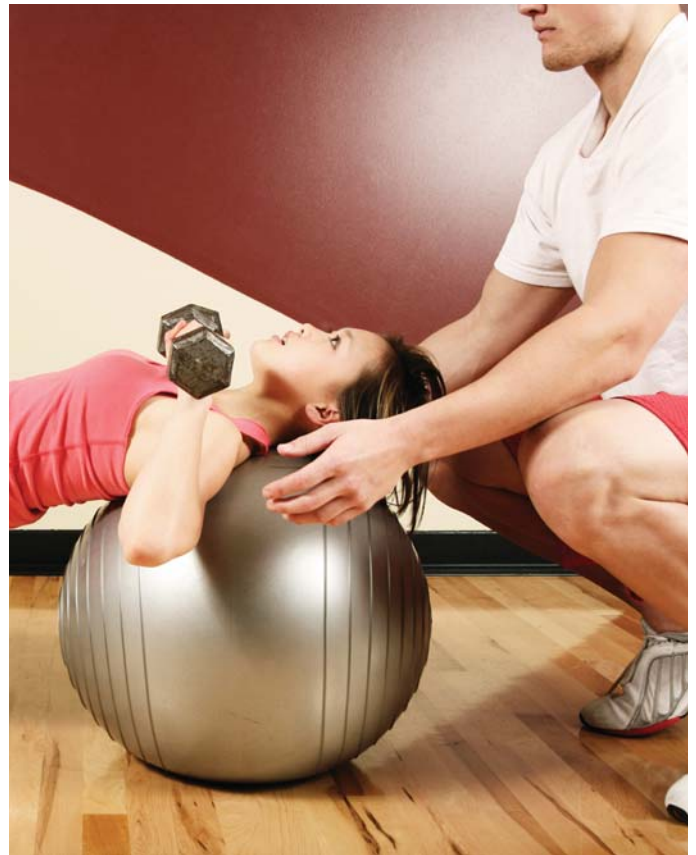
If nothing changes, nothing changes. If you want 2007 to be different, then you need to identify why and how it will be different. Your choices, attitude, ability to create new standards for yourself, your ability to persevere and stick with a program, even when isn't fun, cool or sexy will define the results you achieve.

## Lesson No. 2

The truth is, for most people, the only change that the new year brings is a short-term change in behavior. Did you know that big gyms count on you only making short-term changes? They want to sell their memberships and count on you quitting within three months so the gym isn't too crowded. By the end of the first quarter of the new year, the crowds at big gyms are likely to thinning out. The reason? We talk about changing, we even dream about it ... but we don't plan, sweat, sacrifice, work or get uncomfortable for it. Rather, we just kind of "hope" it will happen on its own.

## Lesson No. 3

Self-motivation is temporary. Since we have to motivate ourselves to go to the big gym, it's easy to lose our motivation. If we only go when we feel motivated, we'll never create real change and therein lies one of the biggest differences between a big gym and a small personal training gym. Representatives of the first are just not that invested in you and your goals, while operators of smaller, personal training facilities know your name and care if you do or don't show up when you say you're coming. Success is always less about motivation and more about some very un-sexy things like planning, self-control, discipline, time-management, decision-making and mental toughness.



## Lesson 4

We don't need another resolution - we need to just decide to affect change. Change in the way we do things. Change the way that we approach a new year. Change the way we think. Personally speaking, I hate the whole concept of January 1st being a demarcation point for a new start. If only we all understood that every day is the day. A better life isn't about the New Year. It's about the New You. Just Decide. **HB**

*Paul and Carolyn Fetters own two Training Spot Gyms and AMS Nutrition both located in Huntington Beach. The Training Spot 16942 Gothard St. and The Training Spot 440 Main St. They are the parents of four children in local HB schools. Paul is certified through the State of CA to speak in Nutrition, Fitness and Wellness. He regularly speaks to several Police and City Agencies throughout OC. If you have any questions about health, fitness or nutrition, please call either (714) 841-9294 or (714) 374-7448 or visit [www.tspot.org](http://www.tspot.org).*