

How Your First Gym Experience Could Go Wrong

TAHMEED CHAUDHURY

After seeing all those inspiring Instagram posts and Snapchat stories of fitness junkies and deep captions like "fitness = happiness," I decided to join the club to shed the extra pounds off my overweight body.

Reality came crashing down on me on my first day. Having paid the membership fee and collected the ID card, I walked into the gym with a mind racing with excitement and a body that was raring to go. The instructor guided me to the treadmill and I hopped on it immediately. I stood there for a while, rooted to the spot, before I realised I had no clue how to operate the machine. So I asked the instructor for help and he complied, showing me which buttons to press. I, being the gym noob I am, was standing on the running belt all the time and was all of a sudden in motion. I jumped out just in time before falling face first to the ground.

Having worn myself out after 5 minutes on the treadmill and a few crunches, I decided that was enough cardio for the day, much to the amusement of my instructor. But the "today is my first day, I'll pick up with time" excuse was always there. So I sat there panting, exhausted, and took a break. I spent twice the time on resting than I did on working out. I looked around for a while and saw this guy with a well-toned figure and ripped muscles lifting a huge pair of dumb bells with relative ease. I kept watching as he kept on lifting it, until he finally stopped. It looked really cool so I thought about giving it a try. I mean how hard could it possibly be? He's a human just like me, so why couldn't I do it?

So I picked up a dumb bell in each hand, took a look at my reflection in the mirror and felt ripped already before starting to lift the one on my right hand. A searing pain tore into my muscles, but that wasn't enough

to stop me. I had 'no pain, no gain' in my head so I went on and put all my strength into completely lifting the 40 kg beast, until it slipped off my hand and crashed into the ground just a millimetre ahead of my right foot. THUD! Everyone was knocked off their perch and stopped with their exercise to have a look at the source of the sound. I was at the centre of their attention. To complete my humiliation, the gym instructor walked up to me to tell me I wasn't ready yet and what I did could have been dangerous.

I decided to call it a day since I had enough and got prepared to leave with the thought of coming back the next day. To sum up the day, I inadvertently walked into the ladies washroom just before leaving much to the amusement and laughter of some of the gym users.

Moral of the story:

Always listen to your instructor on your first day at the gym.

Tahmeed Chaudhury is a diehard Liverpool fan and procrastinator who is finding it hard to come up with a catchy blurb. Send him ideas at tahmeed789@gmail.com

THE SWEATY LIFE

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Normal people take a lot of things for granted - dryness, for example. But life is not so easy for all of us, people with a sweating problem struggle to lead a normal life and they're silently crying out, too ashamed to ask for help.

Here are some daily difficulties that sweaty people face that everyone should be concerned about.

THE FAILURE TO GET TOUCHED

Sweaty people are usually shy, and find it hard to open up and get close to people. But once they do, it's the story of a struggle within a struggle to maintain boundaries. When someone's approaching you to give you a hug and you have to tell them "Don't touch me, I'm wet!" it really puts a dent in a budding relationship. A pat on the back becomes stuff of nightmares, because your shirt is wet and clinging on to your back like an ex-girlfriend. The disgusted expression on a person's face when they do pat you on the back despite your warnings is enough to kill your spirit, and all you can do is mumble apologies.

THE SOILING OF CLOTHES

I bet everyone knows that feeling of silent excitement when someone buys a new piece of clothing for some special occasion and walks out wearing it, presenting themselves to the world. For someone with a sweating issue, the silent excitement becomes palpable terror, because the heat will have them sweating like a maniac soon enough and the new, expensive piece of clothing is ruined. You might consider yourself lucky if you have an air conditioned car to travel around in and the place

you're going to is cool as well, but sometimes the journey from your car to the gate of a building is all it takes to turn your white shirt into a translucent shirt.

BEING IN A CROWD

Crowds are generally unpleasant; being in close quarters to countless strangers at the same time should violate everyone's sense of personal space. It's the same for a sweaty person, but in their case, they're the ones causing the disgusting environment in a crowd. The person in front of you who's wearing a wet shirt and you're desperately trying not to bump into, who's giving off a tangy odour that makes you want to throw up, that person knows he's the cause of misery for many. But he's as helpless as a person with a different

opinion on the internet because whatever he does to make people understand his situation, no matter how much he tries, it will only make things much worse.

BECOMING A SOCIAL PARIAH

It all begins with small things like the ones mentioned above, but the course of life takes a sweaty man in a spiralling journey towards becoming a social pariah, where almost everyone in his life is aware of his condition and chooses to hate him for it. People don't sit beside a sweaty person, they don't let him in their cars because he'll ruin their leather seats and upholstery, and of course, when a sweaty person is sad he doesn't get a hug. Life is difficult for a sweaty person, so if there happens to be one you know, find them, give them a hug, and tell them it's going to be okay, all the while holding your breath because the stink really is bad.

Azmin Azran is terrified of the challenges life is about to throw at him. He watches football and listens to weird music to find strength. Give him encouragement at fb.com/azminazran

