

Why do people drop out of the gym?

SAJID BIN HASNAT

A huge number of highly motivated people join the gym but only a handful of them continue—let's explore why.

THERE'S NO TIME

Everyone has time constraints, hence most people stop committing to crunches and curls when they feel a literal time crunch. So gym is put on hold and people slip back into their busy lives.

TOO MUCH WORK

The first days at the gym are always the hardest as the body adjusts to its new regimen. So it's often that people's bodies give up, as they tend to be unproductive for the rest of the day. It gets much better after a few days, but most people drop out of the gym before reaching that point.

I'M NOT DOING IT RIGHT

People want instant gratification but unfortunately gyms don't work that way. In fact, you might even gain some weight in the first few days despite all the cardio. And while all of the constricted body fats start to loosen up and burn out of the system—the wait demotivates people.

RUNNING OUT OF MONEY

The initial adrenaline convinces you to make the advance payment for your fancy gym. But some gyms cost a lot and it can sometimes be tedious to consistently allocate a portion of your income for the gym. So, you decide to invest the money elsewhere or decide to workout at home, or so you say to yourself.

OUTGROWING THE GIMMICK

Some people only go to the gym out of peer pressure. They often don't realise the commitment it takes to continue with this daunting task. After a good few social media posts, they sign off from this chapter of their lives.



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Track your expenses and travel smart with Spendee

Struggling to keep track of expenses while travelling is something all travellers have to face. Many go as far as creating excruciatingly painful-to-look-at, colour-coded excel sheets to track their budgets. So, how about an app to take care of that for you?



Meet, Spendee. This extremely user-friendly budget tracking app comes with a bright interface and customisable categories that can make budget tracking your next favourite pastime. Spendee lets you swap between different currencies, a feature that saves lives when travelling abroad. It lets you save photos of receipts, tickets and other documents. It even provides you with easy-to-read infographics to better understand your expenses. You can also create a budget goal and allocate your money accordingly to keep things in check.

The app is available on both iOS and Android. While the basic version is free, the premium version comes with a price tag of \$2.00/month where the extra features let you integrate bank accounts, plan multiple trips or projects, and create unlimited budget goals.

TRAVEL outside the BOX

TASHFIA MAMUN

Most label travelling as an expensive hobby that they set aside for the future, with exotic locations in mind that they think only exist abroad. While tourism in Bangladesh is getting some much deserved exposure, there are still many stunning locations that few people know about.

Saqeef Niloy, a freelance filmmaker, videographer, and an avid traveller, is someone who embraces a more unorthodox approach, challenging perceptions about travelling and discovering new places in Bangladesh.

A trip in 2013 to the Nafakhum Falls changed how he looked at traveling. A hidden gem at that time, it was very difficult to get there and he realised just how thrilling travelling could be, and what a treasure-trove Bangladesh was—for nature lovers and thrill seekers alike.

Instead of looking at places people have already explored, Niloy looks for untapped destinations. Preferring to always travel with a local's perspective, he asks the locals their favourite attractions and that's led him to discover stunning but relatively unknown gems like Kristong, Jowtlong, Shaing Pra, Mongol Para, Patlai, Tinap Saiter—and that's just

in Bandarban alone.

According to him, stepping outside his comfort zone and immersing in local culture through his adventurous trips, really help him gain new perspectives. "At the end of the day, knowing that you've explored and done these things on your own really reinvigorates your self-belief like nothing else. If I can take this on, I can do anything. Additionally, it makes for some really good stories and life lessons," Niloy adds.

In a recent solo trip to Rowangchari, where he had to cross a steep trail, he saw an old, local woman, crossing the same dangerous path with a large pile

of wood on her back. She was carefully going one step at a time. Copying her, he managed to cross the trail. Looking back, Niloy says it also taught him about our love for life and our fear of obstacles, but he added that through careful observation, we can get over daunting hurdles quite easily.

Whether it's travelling solo or in groups, Niloy's tip is to plan out potential routes at first, then figure out costs and to always have a flexible schedule that's open to changes. Another tip is to properly pack, so as to ensure that you're prepared for whatever adventure life throws your way.



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LINKS:

Youtube: <https://www.youtube.com/saqeef-niloy>

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