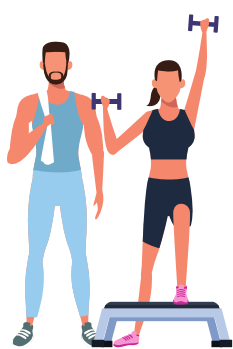




Dealing with

Gym-timidation



Nobody

is looking at you. If you cross gazes, they're not thinking that hard about you.

If they did think about you

you'll never know it. What people say to themselves in their own heads is not your conversation, and not your business.



You're at the gym

for yourself, and nobody else. Other people respect that.

People

will make more room for you than you think. We're in an age and social temperature where acceptance is encouraged.



You're not in the gym for anyone

but yourself. Nobody gets to live in your body but you.

The gym is a public space

Everyone deserves to be there. Make a friend!

