

▶ A STUDENT GUIDE TO THE GYM Expectation VS Reality



Expectation- You'll set yourself up for the day, making it to that Thursday, 6:30am HIIT class you've been dying to try.



Reality- You will miss your class because you are too hungover from last night's Ocean Wednesday.



Expectation- After a week at the gym you'll finally have the body you want, feel amazing inside and out and going to the gym will be a part of your everyday lifestyle.



Reality- No amount of training can out train that Doner Kebab you demolished at 4am in Trent Kebabs, but it was so worth it.



Expectation- All your flatmates will want to go the gym with you. It will become a fun and regular hobby that you can do with the whole squad.



Reality- One flatmate joins you. Nice try. You would get a first for effort and a third for execution.

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Expectation- You'll grab yourself a chocolate protein shake after the gym. All the fun without the guilt, sure to leave you full and will stop those midnight cravings.



Reality- 'Hello and welcome to McDonalds, can I take your order please?'

Expectations aside, the reality is that going to the gym is better than not going at all. Not only does it come with its physical advantages, but the gym is as equally as beneficial mentally, relieving you of the stresses of student life. So why not try working your biceps by lifting dumbbells rather than downing tropical VK's?