



Let's fall in love with exercise

Tom Cavies believed he would never be interested in exercise, however, one day he woke up and turned his world around. Now he couldn't imagine a life without spending his nights at the gym and encourages others to do the same.

“If I had one piece of advice to give, it would be to wake up every day and give 1% more than the day before- that is all it takes. Sometimes it is hard to give 100% everyday, but if you’re giving more than the day before you WILL see results and you will get to the place you want to be, physically and mentally.”

“When I started university in Leeds, I was overwhelmed with how much everyone seemed to know about the gym and how little I felt I knew. It was uncomfortable to go because although I now know this is not the case, I just felt like everyone’s eyes were on me and people were laughing at me. Now I look back and laugh at the mentality I had. I was just making excuses and limiting the potential I could reach by having these made-up scenarios play out in my head every time I thought about going to the gym.

One day I decided enough was enough. I was self-conscious about the way I looked and how skinny I was, and nothing was going to change about it unless I made these changes myself. Dragging myself out of bed to go to the gym wasn’t easy at first, to say the least. I had plenty of days where I would think it was all pointless and because I hadn’t seen immense changes in a week, I convinced myself none of it was worth it. How very naïve of me.

Fast forward six months down the line and I started getting people comment on the progress I had made, yet I still couldn’t see what these people were claiming to be seeing. Looking in the mirror everyday distorted the version of my body I was seeing. I wasn’t going to notice because I was looking at my body change every day and obviously my brain is not going to acknowledge big changes. You look in the mirror every day, and you can’t see your face changing as you grow up but that doesn’t mean you aren’t growing up. One day you’re 8 and the next you’re 18. Just because you don’t notice it every day doesn’t mean it’s not happening.

Hearing other people compliment me made feel good and in turn I fell in love with going to the gym and made it something I was proud to call a passion of mine. That’s when I decided to start up my own Instagram page to follow my journey called @MoveFitCoaching and encourage others to do the same.

I was hoping for it to be a safe space for people who were struggling and needed someone to relate to. If a lazy boy with no motivation could turn their life around, so could anyone else. Over the last two years my Instagram page has grown, and I now have a personal trainer’s qualification. I work with amazing groups of people to set them on the right track and help them achieve wonders in their life.

No one would look at me and believe I struggled to get into exercise and caring about my body, but the truth is everyone’s got to start somewhere and somehow. Today is the day you can begin your journey and reap in the benefits of living the healthy lifestyle you choose to. Stop saying tomorrow and say today.”



Toms client and his amazing progress in just 12 weeks