

THE GYM WILL NOT SAVE YOU

Fit Tips 33-brought to you from my upcoming short book called
CARBS & CALORIES



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The commitment

One of the greatest fallacies in my opinion is the New's Year's resolution. Not to be a "Debbie Downer" but really, if someone is intent on changing they will do it when the pain is great enough. The reason these declarations to modify their lives is short lived is because mentally the will to improve one's self is not there. Again, every decision begins in our minds. This is why before we commit to anything make sure that you are able to see it through to the end.

1. Because they can do it does not mean you can

How many times have we in the past looked through a magazine or seen an Instagram post and thought to ourselves I could do that. I could look like her. Maybe you could look like her but who's looking at you in the mirror *right now*?

Be realistic. Have your lofty goals but at any time be ready to reflect and readjust them to your will. Life is very unexpected. It is probably the only fact that is unchanging in our short existence here on earth. So why not first work on your emotional well being before entering into a month-to-month commitment with a gym?

2. The will

Triumph of the will depends on how focused you are on being disciplined and consistent in your day-to-day routine. In the beginning, I recommend baby steps. Do your research on your body type. There are three different types: Ectomorph, Mesomorph, and Endomorph. I happen to be a mesomorph. I will break these body categories down more in a future article.

Comparing yourself with others will only breed distraction. Before thinking about joining a gym prepare the mind to stay focused on yourself and your mission while there. One way to do that is work on yourself emotionally.

3. Emotional intelligence

This is a common phrase thrown around today in the psychology sphere. And it's important because just like people with regular intelligence those with the emotional side intact tend to be more stable. What do I mean? For those of us who have gym memberships or worked out in them before, have witnessed at least one gym bro throwing around dumbbells like they're toy frisbees while having his fit. *And no it's not due to roid rage!*

However, look to your right and there's the "jacked" silent type dude controlling his reps, not swinging the bar, and holding his back steady. When you talk to him, he's never in a hurry. Never aggressive with you either. Cool, calm, and collected. He's there to lift and complete the mission. Working out is supposed to produce a positive result not turn you into a negative jackass.

4. It's not suppose to be fun

Look at most of the people who like to do fun things most of their lives. They're fat, sloppy, and usually stoned. I'm not saying you can never have fun. There's days in our schedule for that too. However, prior to the gym and especially when you do start going, you will quickly realize working out is not fun.

It's not suppose to be fun either-at least at first, when you put your time in like the rest of us, you will look forward to working out one day soon. *It will no longer feel like something you have to do but something you want to do.*

However, let me reiterate in the beginning it will make you grunt, it will make you fart, it will even make you bleed on occasion but the end result is a tough, ripped, good looking fella or gal who can be proud of themselves every time they look in the mirror. How many people can feel that on a daily basis?

5. Motivation is something *you* create not the gym

It never fails. People think if they sign up to a gym membership, that miraculously the gym gods will bestow them with motivation to get their money's worth out of the particular fitness establishment they joined. Wrong. Motivation is something we create in our thoughts prior to doing anything. These thoughts then create certain feelings within the body that stimulate our dopamine receptors in the brain. More about this in future articles.

Along with motivation's great friends discipline and consistency, you will get to a point where you don't need anyone to help you get motivated to go to the gym. Today, I hardly workout with anyone. I have my own routine and schedule, and other people tend to slow me down. You may get to this point to. When you do, you'll understand exactly what I mean about being there mentally long before wasting thirty dollars a month on a gym membership.

6. This happens when you join a gym before mental prep

First off, nothing against gym salesmen but God damn they try to up sell you every chance they can get. They remind me of car salesmen. And who can blame them? Most people are like a buddy of mine, they have no idea what they're doing in a gym prior to mental preparation.

My buddy, let's call him Chad, has had a membership at L.A. Fitness for years and I've never seen him go more than a few times per year. Just the other day he asked me if I wanted to go with him. He's the type of person in the above example-tip #5 where his motivation to

workout is dependent on another person. This is also a secret to how personal trainers make bank on their clients. They know if the person does not feel confident to workout on their own then they will continue to pay for their services.

Again, I'm not saying personal trainers are unnecessary. I recommend to the clients I teach that once you learn from me, usually it takes six months to a year, you basically can train yourself for the rest of your life. I will teach you three aspects, the mental, the emotional, and the physical facets of fitness. I utilize cited sources, science backed research, and my personal experience which spans twelve years of body building training.

Remember, don't waste your money on the gym if you're not motivated to go and train your hardest. You'll just waste your time, something way more valuable than "gains."
