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## ***Motivation***

As many of you all know, everyone wants some type of purpose to push themselves in the right direction so they can succeed and thrive right? This narrative can be said for almost anything, that can be sports, education, gaming, and etc. Now, for most cases motivation won't be the number 1 problem that people run into when do something know, but in the fitness community, that's the root problem for most people, even me at one point, if can happen to most anyone.

It can be said that almost "35% of Americans are not motivated" [1] enough to go the gym and would rather do something else. That makes a for a big issue in the fitness world because it creates this divide of people that would rather sit in their homes than working out, and I feel like this issue should be brought up more in the community because it effects the person more than anything. It causes this butterfly effect of small changes turning into larger issues in the future. The things that it does for the person is that they start to habit into this sense of laziness which it be an even more of an issue than itself cause laziness can cause people to take short cuts in life, and everyone knows the quote, "when it comes to success, there are no shortcuts ", and that quote can easily be reflected in fitness because you truly need to put in the work in order to get stronger or more fit. Going back to the butterfly effect it causes, after laziness then

comes gaining weight. This can turn sideways because if you gone to the gym and lost weight, you're most likely going to gain the weight you've lost and gain even more. The reason is because if you were on any type of diet, the number of calories you regularly consume will stay the same, but this time its without any type of workout to burn those calories, and in result the excess calories will go into your body as fat. Now circling back, after the weight has been put on, then it can affect your entire schedule every day. In the end after all that has happened, the worse one of them all is having health problems. The health problems that occur are "high blood pressure, gall bladder disease, Type 2 diabetes, heart disease, a stroke, breathing problems and sleep apnea" [2], not to mention a whole lot of cancers, some that are more popular being kidney, breast, and liver cancer that you have a chance at receiving all from gaining weight when you're not motivated enough to workout. It's this revolving door, issue by issue all because of one tiny thing as motivation.

Now if you still don't get the problem that I'm trying to argue then think of it has this, lets you enroll in a college and you take a major you enjoy for 3 years, you loved the major for the 3 years, but then you lost all interests to continue that major after the third year and in turn, you drop out and start all over again with another major. That's basically what the butterfly effect can cause when you're talking about motivation. When it comes to working out, let's say you put a lot of work to lose 50 pounds in 6 months, after the 6 months is over you then lose any motivation to continue to go which results in you getting lazier and the 50 pounds in which you worked so hard for gets gained back within a week and now you back to square one being back at the weight you were at 6 months prior. The moral of the story is that no motivation can

cause that butterfly effect leading to more and more consequences. As Frederick Douglass once said in his 4th of July speech “If there is no struggle, there is no progress” [3]. The thing is in this case the struggle can be that purpose to keep pushing on toward needing that constant motivation in your life so you don’t go spiraling down and back to square one. Now don’t get me wrong these stories can equally count towards any one, whether that may be people that haven’t gone gym at all, people that have gone for a year or 2, heck it can even count towards young and elderly people, the point is you can lose that motivation at any time in your life.

The next step into solving the problem of motivation is directing your focus to people with power, example being number of followers a content creator has on social media. Popular platforms such as YouTube, Instagram, Twitter, and TikTok have a Plethora of content creators that motivate people into wanting to go to the gym. Some of the creators that are on YouTube are “Yoga with Adriene” with 6.11 million subscribers, “FitnessBlender” with 5.9 million subs, “Bradley Martyn” [4], my personal favorite with 2.33 million subscribers, who has encouraged people over the internet to focus on their diet and motivating other influencers and his own gym. All of the influencers listed have a great footing in the fitness world that already have always encouraged their viewers to work out and stay fit.

To end this, being in the discourse community that is fitness you learn new things every day, and seeing this one problem that is motivation that can affect so much out of someone’s life is

very eye opening and is a very clear understanding as to what you should look out for the most when to start to go to the gym experiencing it head on.

## **References:**

[1] “35% of Americans are not motivated” - <https://nypost.com/2019/01/13/this-is-why-most-americans-dont-exercise-more/>

[2] “high blood pressure, Type 2 diabetes, Heart disease, a stroke, breathing problems and sleep apnea” - <https://www.cdc.gov/obesity/adult/causes.html>

[3] “If there is no struggle, there is no progress” - <https://www.gilderlehrman.org/sites/default/files/inline-pdfs/Douglass%20Full%20Text.pdf>

[4] <https://neoreach.com/top-fitness-influencers-on-youtube/>