

## Mirrors and Self Image

Ever venture into the gym and wonder why there are so many mirrors there? Why does it seem that everyone is staring at themselves and flexing? What are they looking for?

Contrary to popular belief that everyone that works out just wants to gaze at their image, there are very important reasons for having mirrors in the gym. It's important for those that are lifting to watch their form to make sure their body alignment is correct. If you put makeup on and don't use a mirror, isn't it possible to end up looking like a clown? The same concept applies to lifting. If you aren't paying attention to your body as you lift, it's very easy to not only cheat when you exercise, but it's even easier to cheat while lifting.

Instructors in group exercise classes use mirrors to watch their entire class while teaching. Some instructors teach with their backs to their classes, while others face their class. Mirrors give an advantage to instructors to keep a trained eye on their participants at all times.

Mirrors are not meant to intimidate. It's important to keep a positive self-image of yourself. If there are things that you want to change about yourself, start working out and LOOK in the mirror. Watch yourself as you change and be proud!