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Thread: [How has Working Out / Gym changed your life?](#)

RangoWorld - *December 31, 2025, 1:26 am*

Let me tell you my experience. I wasn't into working out as a young adult but in late 2023 I started doing basic exercise and running. At first it was difficult and I didn't see any result. But I started enjoying the running part and slowly felt better. It's weird kind of better as I felt a bit more confident thinking I'm getting in shape. Though mind you I didn't have any six packs lol.

I also read that running and lifting weights help you stay sharp mentally. Which was a boost of motivation for me.

Fast forwarding. A year ago I had to leave my workout routine because of an illness and it sucked.

Now since I have my illness under control. I started doing workout again. Today was my first day. I'm hoping to go much longer this time and hopefully it'll improve my life overall much much more.

What has your experience been like?