



Gym Rat Rantings

by Bob Ring

No Respect

This gym rat's job isn't all a bed of roses you know. I'm exposed to lots of heavy issues. For example, I overheard this lament at the water fountain:

I'm a real doormat! People walk all over me. Person after person takes their best shot at me. And everyone treats me the same. They know what buttons to push to really get me going! Some of you want me to work faster, some slower. Can't you make up your minds? I feel like I have the weight of the world on me. I get no respect, no respect at all.

I try to tell people how I'm feeling and give them feedback on their work outs. I really do go out of my way. I mean, I light up at the opportunity to communicate. But does anyone care? I think not. All I get is same old boring routine answers. Or you ignore me completely and go on reading or listening to your headphones. You people are so cold!

My workday is terribly long; I start early in the morning and quit late at night, with very few breaks. It seems like I'm always going. I get sweaty, but does anyone care? How I pine for the soothing, cleansing comfort of a drying towel, but most of the time I go wanting. Am I supposed to do everything here?

I'll tell you something else. My co-workers don't work nearly as hard as I do. Just look around. Lots of down time around this place. I hear a lot whining about the need for adjustments or proper balance. Sounds like a bunch of psychological hooey to me! Just put in a steady effort; that's all I ask.

I get dumped on all the time too. I'm not just talking about verbal abuse, which occurs every day. No, it's more than that. People are sloppy with their water, their hand weights, even their tote bags. I get it all, often right in the wheelhouse. You guys need to clean up your acts!

And the things I overhear. What are you people possibly thinking? This is not the place to discuss politics, religion, or your sex life. I'm embarrassed for you. And why so loud? Does everyone in the Gym need to know?

I guess I'm going to have to quit complaining and accept my lot. Shelley's been good to me. She provides regular checkups and if I break down completely and really need help, she's there in a flash to get me fixed up. Not too bad for a Fit Center treadmill machine.