

2007

# December



## “The dog ate my shorts”

### Overcoming the most common excuses for avoiding exercise

Some people will say almost anything to get out of exercising. Have you used the “I’m too busy” excuse? How about the tried and true “Exercising is boring”? If those sound all too familiar, you’re not alone. More than 60 percent of adults don’t get the recommended amount of regular physical activity. Worse yet, 25 percent of all adults are not active at all!<sup>1</sup>

If you’re thinking about making a New Year’s resolution to be more physically active, check out the following tips that can help you overcome the most common excuses to avoiding exercise:<sup>1</sup>

#### 1. I don’t have time.

If you can’t find a full 30 minutes during your day, break it up into 10- or 15-minute segments. Wake up a few minutes early and take a brisk walk, use 15 minutes of your lunch hour to walk the stairs, and walk the dog or lift weights after work.

#### 2. I really hate to exercise.

Find activities that match your personality. If you hate running, pick another type of exercise. If you love the outdoors, go hiking or biking. If you like simplicity, stick with walking or circuit training.

#### 3. I can’t seem to stay motivated to continue working out.

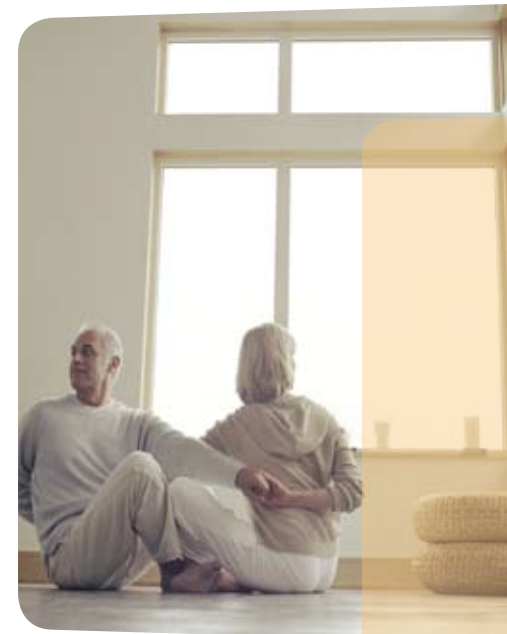
Change your routine every four to six weeks by trying something new or changing your intensity level or time.

#### 4. I want to exercise, but I have to take care of the kids.

Join a health club that has a day care center or use an exercise video while your kids nap. If they’re old enough, make it a bonding opportunity. Have them participate in your routine by lifting very small weights or counting your repetitions, or take them with you on your daily walk.

#### 5. I’m not seeing any changes in my body.

Hey, Rome wasn’t built in a day, right? Give your body time to react. It could take up to 12 weeks before you start seeing some real changes in your body.



<sup>1</sup>Paige Wehner. Top 10 Reasons You Don’t Exercise. Available at: <http://exercise.about.com/cs/fittingitin/a/exerciseobstacl.htm>. Accessed November 9, 2007.