

STOP^{making} EXCUSES

TAKE CONTROL OF YOUR HEALTH

The Centers for Disease Control and Prevention says that more than 50 percent of adults in the U.S. don't exercise enough. Of those, 25 percent are not active at all. Combined, they probably have a million and one excuses – 99.9 percent of which are probably not valid.

EXCUSE No. 1 – I DON'T HAVE TIME TO EXERCISE

Excuse zappers:

- Write down what you do in a day. How much time do you spend in front of the TV? Exercise while you watch TV.
- Get up half an hour earlier to work out.
- Split up your workouts. Do two 30-minute sessions or three 10-minute sessions.

EXCUSE No. 2 – I'M TOO TIRED TO EXERCISE

Excuse zappers:

- Exercise can relieve sluggish feelings and a general lack of energy.
- Something as easy as a brisk walk may do the trick.
- Do yoga or tai chi to feel physically and mentally refreshed.

EXCUSE No. 3 – I'M TOO HEAVY TO EXERCISE


Excuse zappers:

- Ask your doctor for the top five reasons you need to lose some weight.
- Start slowly, even if it means walking in 10-minute spurts.
- Work out at home with dumbbells and a stability ball. Go online for information on how to use them.

EXCUSE No. 4 – EXERCISE IS BORING

Excuse zappers:

- Choose activities you enjoy and look forward to.
- Set up a walking program with a friend or coworker you like to be with.
- Enjoy a sunny day and fresh air with outdoor activities.



No
Excuses

Action Step

Make a list of all the reasons you aren't working out. Then come up with solutions that fit your schedule, your lifestyle, and your interests.