

# **TOP 10 EXCUSES NOT TO EXERCISE!**

## **10. You really hate to exercise.**

The key to happiness is doing things you enjoy. If you hate running, you don't have to do it. Find activities that match your personality. If you love the outdoors, go hiking or biking. If you like simplicity, stick with walking or circuit training.

## **9. You've tried to exercise but you keep quitting.**

People often quit because: they schedule too many workouts, work too hard and/or don't give themselves rest days.

## **8. You can't afford a gym membership**

Don't join a gym! You can walk or jog anytime, anywhere. Dumbbells are cheap and can be used for a variety of exercises. There are also an incredible number of workout videos available so you can work out at home.

## **7. You're not seeing any changes in your body.**

Not losing weight fast enough? Welcome to reality. You don't put weight on overnight and it won't come off that quickly either. Once you start exercising, give your body time to react. It could take up to 12 weeks before you start seeing some real changes. In the meantime, try to enjoy the other benefits of exercise.

## **6. You don't know how to exercise.**

That certainly won't fly what with the wealth of information at your fingertips. Try one of the many exercise [books](#), [videos](#) or [websites](#) that cover everything from cardio to stretching exercises. Or, hire a certified personal trainer...such as...Total-U-Fitness, Inc.

## **5. You want to exercise but you have to take care of your family.**

You don't have to neglect your family to fit in exercise. Join a health club that has a daycare center or do a video while they nap. If they're old enough, have them participate in your routine by lifting very small weights or counting your repetitions, or take them with you on your daily walk. Show your family what it means to be healthy by giving them a good role model.

## **4. You can't seem to stay motivated to continue working out.**

If you're tired, stressed or bored with your workouts, it's hard to keep going. To combat that, change your routine every 4 to 6 weeks by trying something new or changing your intensity or time. Remind yourself every day what your goals are and what you have to do to reach them. Reward yourself often (massages make great gifts)...I think we offer that too!

## **3. Exercise HURTS!**

You don't have to hurt yourself to reap the benefits of exercise. When doing your cardiovascular exercise, make sure you're in your target heart rate zone. If you email us at [info@totallyfitradio.com](mailto:info@totallyfitradio.com) we can help you find your target heart rate. Also, when it comes to weight training, there *should* be effort involved since lean body tissue only grows when you challenge yourself.

## **2. You can't make the commitment to stick to an exercise routine.**

When you look at exercise in the long term (i.e., that you have to exercise on a daily basis FOREVER), it can be overwhelming. However, you don't have to change your life overnight. Start with small goals, such as to be more active every day by taking the stairs and moving around more. Decide you'll get up 10 minutes early to walk or lift weights. Over time, you can increase your workout time and try new things. For now, just worry about making it a daily habit.

## **1. You don't have time!**

Physically inactive people have just as much free time as exercisers, so you can chuck this excuse! Here's how to get past a busy schedule:

- Schedule your exercise time.
- If you can't find a full 30 minutes during your day, break it up into 10 or 15 minute segments.
- Get up a few minutes early and take a brisk walk, use 15 minutes of your lunch hour to walk the stairs
- Walk the dog or lift weights after work.
- Keep a calendar of your workouts to you can track your progress and stay motivated
- Remember that exercise generates energy--the more energy you have, the more you'll get done each day.