

BEATING EXERCISE BARRIERS



Exercise is one of the best things you can do for your health. It reduces your risk of heart disease, type 2 diabetes, and some types of cancer. It can also improve your mental well-being and increase your energy. So why don't more people do it? A variety of things can come between you and your fitness goals. Here are some ways to overcome them:

Problem:

You find exercise boring.

Solution:

Invite a friend to walk with you or attend an exercise class together. Having a fitness buddy gives you more to look forward to, and helps you stick with your commitment.

Problem:

You're too tired.

Solution:

Identify a time of day when you feel more energetic. Even a short walk during your lunch hour has health benefits. Remind yourself that once you get started, you may find that your energy levels increase and it gets easier.

Problem:

You think you're out of shape.

Solution:

You don't have to do exercises that are too challenging for you. Start with walking, biking, or something else you enjoy. Go at your own pace and build up to longer, harder workouts as your fitness level improves.

Problem:

You're just too busy.

Solution:

Find small amounts of time to fit in a walk or class. If you have children at home, take them with you for walks and make it a family activity. You can add activity into your daily life. Park farther from your destination and walk. Take the stairs instead of the elevator. March in place or use a treadmill while you watch TV.

Source: Centers for Disease Control and Prevention