



NO EXCUSES

What's your excuse?

So you want to be physically active, but something is holding you back. Figure out what's standing in your way, and then clear a path because you can make regular physical activity part of your life, says the government's Weight-control Information Network (WIN).

Excuse #1: I'm too busy to exercise because I have work, family, and other demands.

- Make physical activity a priority. Carve out some time each week to be active and put it on your calendar. Try waking up a half-hour earlier to walk, schedule lunchtime workouts, or take an evening fitness class.
- Build physical activity into your routine chores. Rake the yard, wash the car, or do energetic housework. That way you do what you need to do around the house and move around too.
- Make family time physically active. Plan a weekend hike through a park, a family softball game, or an evening walk around the block.

Excuse #2: I'm too tired to work out at the end of a long day.

- Think about the other health benefits of physical activity. Regular physical activity may help lower cholesterol and blood pressure. It may also lower your risk of having heart disease, type 2 diabetes, or cancer. Research shows that people who are overweight, active, and fit live longer than people who are not overweight but are inactive and unfit. Also, physical activity may lift your mood and increase your energy level.
- Do it just for fun. Play a team sport, work in a garden, or learn a new dance. Make getting fit something fun and that you look forward to.
- Train for a charity event. Work to help others while you work out.

Excuse #3: Getting on a treadmill or stationary bike is boring.

- Meet a friend for workouts. If your buddy is on the next bike or treadmill, your workout will be less boring.
- Watch TV or listen to music or an audio book while you walk or pedal indoors. Check out music or audio books from your local library or download to your phone or iPod.
- Get outside. A change in scenery can relieve your boredom.