

Eliminating Exercise Excuses

By Candice Graham

It's not easy to find the motivation it takes to get moving. If you've caught yourself making one of the excuses below to get out of exercising, you're not alone. Teresa Wade at SportsBarn shares the top five excuses she frequently hears, and explains helpful tips on how to kick them.

▶ **Excuse 1: I don't have enough time.** ➡

People think that you need a lot of time to exercise, but you don't. You just have to *use your time wisely*. Learn what workout is best for you, then incorporate that into your daily routine.

▶ **Excuse 2: I don't know how to get started.**

Instead of being a victim of your befuddlement, grab an active friend who can show you the ropes. Even better: chat with a fitness manager or trainer at a gym. They're usually happy to listen and give a free consultation on what workout would suit you best.

▶ **Excuse 3: I never get a break from my kids.** ➡

Find a way to incorporate your family into your exercise routine. Instead of going to the movies, take the kids to the jump park and hop around. Outdoor activities abound. Take your kids on a hike or a bike ride through town.

▶ **Excuse 4: I hate working out.**

Plenty of people have no interest in a formal workout program, but everyone has an interest in something. Try to pinpoint what it is you like to do, then find ways to amp it up. Do you like to garden? Consider carrying items instead of using the wheelbarrow. There are lots of ways to be active without even realizing it's exercise!

▶ **Excuse 5: I'm too exhausted.** ➡

If you're on your feet during the day, the last thing you may want to do is hit the gym at 5 p.m. Instead of strenuous activity, do something totally opposite. Go for a swim or try yoga, which keeps you active, but is more low-key than other workouts.



EXPERT ADVICE

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