

Excuse Busters

You've been training hard the past few weeks by exercising as often as possible, watching what you eat and finding new and exciting ways to make your sessions more challenging. For many active individuals, the upcoming holidays really throw a wrench in your routine. Making excuses not to exercise becomes even easier than usual. Read more to find out how active individuals stay active throughout the year. Be sure to watch WACH FOX Good Day on Wednesday, November 25 at 7:50 a.m. for inspiring stories about staying active. If you miss the segment, watch the video at www.midlandsconnect.com/virtual5K.

Excuse 1: "I don't have the time to exercise."

- Add exercise to your daily chores by walking the dog instead of opening the door to your back yard, take the stairs as often as possible, get active while you're watching your kids at basketball practice. Just move as much as possible!
- Would you ever be a "no show" to a doctor's appointment? Probably not, so keep that same policy when it comes to exercise.
- Put your exercise motivations in places where you can see them. Keep your tennis shoes next to the front door or post your exercise schedule on the refrigerator.
- Little time-savers can go a long way. If you exercise in the morning, put your exercise clothes next to your bed, so you can easily put them on when it's time to hit the pavement. If you exercise at a gym, pack your gym bag and put it in your car the night before you exercise. Having one less concern on your way to train can make your journey toward health easier.

Excuse 2: "I'm too tired."

- If you do not exercise because you think you do not have the time or energy, you have it backwards. Exercising every day will help boost your energy levels.

- Remind yourself of how energized you feel after exercising when you are dragging a little bit.

Excuse 3: “I just don’t feel like it.”

- Each training session is bringing you closer to your goal of completing the Virtual 5K. The healthy changes your body is going through are great reasons to continue.
- Find upbeat music you really enjoy to help keep your body moving. If you exercise at the gym, schedule your workout during your favorite television show. That way you can work out and watch TV at the same time!
- Enlist your friends and family. Meeting others to exercise is a great way to keep you accountable.
- Set up rewards along the way related to physical activity. Reward yourself with a few new songs for your mp3 player or a fitness magazine if you complete all of the training sessions during a certain week. If you do complete all sessions three weeks in a row, treat yourself to a new pair of sneakers!

Make your health your priority. Exercise is time for you, and you are worth the time it takes to exercise! Ask yourself this question next time you are not in the mood to exercise: *“Has there ever been a time when I exercised and regretted it afterwards?”*

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Health Directions