

Exercise Excuse Busters

From the weather outside to simply not having the time or energy, there are plenty of reasons to skip a workout. What are your exercise obstacles? Or are they just plain lame excuses? Here are some tips by Sheri Colberg-Ochs, PhD, FACSM, to squash those excuses.

Excuse #1: "I'm too tired to work out."

You may claim that you're too tired to exercise, but your lack of exercise may be the very reason you feel that way. Even normally active individuals who take a few weeks off from exercise begin to feel more sluggish, lethargic, and unmotivated to exercise. Exercise will give you more energy. Start standing up and moving around more frequently, and you'll start to feel re-energised. Then, just keep it going!

Excuse #2: "I'm too busy to work out!"

The most common excuse for not exercising on a regular basis is lack of time. The best way to fit physical activity into your day is by writing it down in your schedule or calendar like you would other appointments and activities. Make exercising a priority! Even if you don't have time for an hour at the gym, remember that unstructured activities burn calories too. Take steps to ensure you're moving all day long — little things like raking the leaves, taking the stairs, or a brisk 10-minute walk during lunch will add up. If you need a visual reminder, wear an inexpensive pedometer as a simple way to motivate yourself to take extra steps every day.

Excuse #3: "Exercise is inconvenient."

Exercising can seem like a hassle if there are no parks, walking trails, fitness centres, or if you make great plans to power walk outdoors but it starts to rain? Make a backup plan so that these setbacks don't keep you from exercising! You can try walking in the mall or doing an exercise DVD at home. Look on the bright side: Stay-at-home fitness gives you complete control of your workout plans! If nothing else, use the time that you're exercising at home to also watch your favourite TV show or catch up on your reading.

Excuse #4: "I don't like working out."

Most adults need exercise to be fun, or they lose their motivation to do it over time. To prevent boredom, try varying your exercise frequently – both what you do and how hard or long you do it. Learn about exercise programs in your workplace or nearby in your community. Get a group of co-workers together to take walks during lunch breaks! How about taking up ballroom dancing or yoga classes? All activities count, and you'll be amazed at how much easier it is to stick to your goals if you participate in workouts that you enjoy. Our best tip to fight workout boredom: keep it fun, simple, and varied!

Source : www.dlife.com