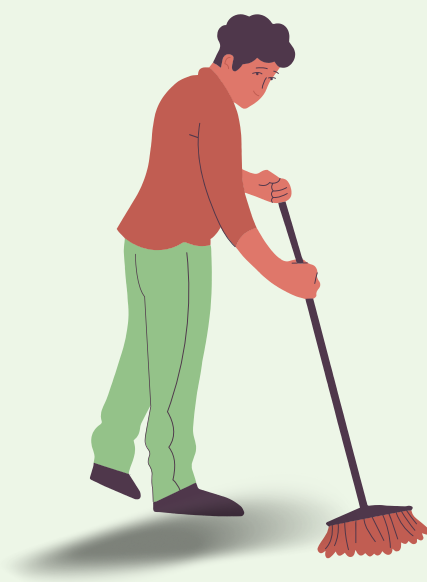


Top 5 excuses for not exercising and how to conquer them

“I don’t have time to exercise.”

- Waiting for the coffee to brew or the last 5 minutes of the laundry cycle? Try doing standing push-ups against the counter.
- When cleaning the house, add a few extra laps or another run up and down the stairs.
- Walk in place while brushing your teeth, doing dishes, or reading the mail.
- Schedule a treadmill session during your favorite TV show.



“I don’t enjoy exercising.”



- Make it fun! Play a video game that involves moving your body such as dancing, boxing, or skiing.
- Don’t have a video game console? Put on your favorite upbeat music and dance around the house!
- Find a walking buddy or take your dog.
- Use a Hula-Hoop or jump rope, toss a Frisbee at the beach, or play on a playground.

“I’m stuck at my desk all day.”

- Walk in place at your home office during conference calls/meetings or consider a standup desk.
- Keep a set of handheld weights, resistance bands, or a full water bottle on your desk to use when you have a few minutes between appointments or tasks.
- Set a timer or alert to remind yourself to get up and walk or stretch every hour.
- Take an extra lap around the hallway when going to the washroom or getting a cup of coffee in the break room.



“I think exercise is boring.”

- Mix it up by learning something new such as kayaking, taking dance lessons, or Geocaching.
- Have kids? Take your baby for a walk in the stroller and enjoy the outdoors. For older kids, start a pickup game of basketball, run through the sprinkler together, or challenge them to some backyard games such as croquet or cornhole.
- Did you enjoy pastimes such as riding your bike, skipping stones, or playing tag and hopscotch as a kid? You’re never too old to do those things again!
- Plant a small garden and keep the weeds pulled, try snowshoeing in the winter, or explore your surroundings by picking a new place to hike using an app on your phone.



“I’m not motivated to exercise.”

- Start with goals that are small and simple to achieve.
- Choose the time that is most convenient or divide the routine into short intervals throughout the day.
- Stay flexible and track your progress.
- Find a cause to compete for such as cancer research, animal rescue, or world hunger.



Reward yourself!
Go to a movie, buy new workout gear, or schedule a massage.
