

HEALTH AT A GLANCE



Bust Through Exercise Excuses

We know exercise is good for us. It aids in weight control, improves sleep, helps us manage stress, and reduces the risk of several chronic diseases. Despite this, skipping out on exercise is all too common. While the occasional missed session is to be expected, the more frequently this happens, the harder it will be to reach your wellness goals. Thankfully, Madonna Fit for Work has a slew of solutions for some of the most common exercise excuses!

Excuse: I'm Too Tired

- **Bargain with yourself:** Commit to move for just 10 minutes; if you want to stop after that, you're still getting in some activity, but most times, you'll want to go longer.
- **Be an early bird:** Exercise in the morning, before you get wiped out by a demanding day. While the best time for you to exercise is the time when it's convenient and you feel your best, morning exercisers tend to be more consistent with their fitness regimen.
- **Drink coffee or tea about an hour before exercise:** The caffeine in these drinks has been shown to boost performance. Just don't go overboard – stick to one or two cups.

Excuse: I'm Too Busy

- **Break it up:** Ten to 15 minute bursts of exercise, done over the course of the day have been shown to be equally as beneficial as longer sessions.
- **Plan it:** Take a look at your schedule for the upcoming week and find times when you can fit in exercise. Treat these sessions like any other appointment—don't cancel on yourself!
- **Boost productivity:** A good sweat session will clear your head, boost energy and lower stress levels so you actually get more things done afterward.
- **Sneak in activity throughout your day:** Use a pedometer or activity tracker to track your daily steps; increase the number of steps you take each day until you hit 10,000 steps.
- **Make family time active time:** Playing tag might not be traditional exercise, but if it gets your body moving, heart beating faster and lungs working harder, then it counts.

Excuse: I Can't Afford a Gym Membership

- **Explore discounts:** Ask your employer if they have any corporate discounts at local fitness centers, or offer reimbursement for memberships.
- **Use home equipment:** Try dumbbells, a stability ball, kettle bells, resistance bands, a jump rope, and other inexpensive equipment.
- **Get an in home "trainer:"** Buy exercise DVDs or check out free exercise videos online on websites like [YouTube.com](https://www.youtube.com), [Workoutz.com](https://www.workoutz.com) and [Physicalfitnet.com](https://www.physicalfitnet.com).
- **Exercising outside is absolutely free:** As the weather begins to warm up, take advantage of the great outdoors for your workout.

Excuse: I'm bored with my workout

- **Switch it up:** If you've done the same routine for months, it's time to try something new. Experiment with new moves or equipment, try a new activity, or sign up for a class you've never tried before.
- **Do what you enjoy.** Doing an activity you hate almost guarantees you will quit. Instead, stick with activities you enjoy, and you'll be more likely to keep it up for the long haul. Explore different fitness activities until you find a few good fits.
- **Make it social:** find a fitness buddy, try group exercise classes or sign up for a recreational sports league.
- **Take up active hobbies:** Gardening, biking, charitable walks/races, etc., —they all count!

Key Websites:

ACE Fitness: www.acefitness.org

Shape Up America: www.shapeup.org

