

Find Something
That Interests
You!

Swimming

Running Hockey

Baseball Yoga

Volleyball
Soccer

Cycling

Tennis Karate

Basketball

Walking

Dancing
Boxing



**NO MORE
EXCUSES!**

6 ways to
overcome exercise
obstacles

I'm too Tired!

I Don't See Results!

Exercise is Boring!

I Can't Stay Motivated!

I'm too Sore!

I'm too Busy!



Exercise is Boring!

- Find something you enjoy doing, dancing, skating, walking your dog, playing a sport
- Exercise should not be considered a chore, but more like something you “get” to do. Mix things up and do what you can to keep it fun.



I'm too Busy!

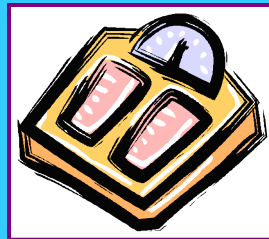
You can always make time for anything that is important.

- Purchase a pedometer to keep track of how much you walk every day.
- Take the stairs instead of the elevator.
- Park at the back of the parking lot.
- Instead of just sitting and watching T.V. do something active at the same time; crunches, push-ups, leg lifts...

I Don't See Results!

The body loves to be challenged.

- Keep changing your routine so your body doesn't get bored or used to the same exercises.
- Exercise harder or longer and try a new activity every couple of weeks.



I Can't Stay Motivated!

Make a list of goals. Keep those goals where you'll see them (on the fridge or mirror).

- Stay motivated by finding a friend to exercise with. Having an exercise partner can help keep you on track with your goals.

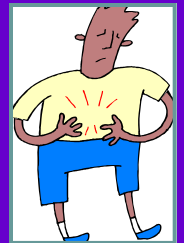
I'm too Tired!



The more you exercise, the more energy you'll have.

- Find the best time to exercise for your life:
- Some people find it easier to get up a little earlier to exercise because by the end of the day they are too tired.
- Some people have more energy at the end of their day, so they exercise in the afternoon. Find your perfect time of day to exercise and stick with it!

I'm too Sore!



Once you've started to workout it may be followed by aches and pains. Your body will eventually get used to physical activity and the sore feelings will lessen. But don't let a sore knee keep you from your goals!