



# Banish *those* exercise excuses



## 1. Exercise? I'm too busy to exercise!

If you feel there just isn't enough time left in the day to exercise, then you need to start prioritizing your day to include your own health and wellbeing.

### Excuse banisher:

The main difference between people who exercise regularly and those that have excuses is priority towards health and fitness. We are all busy. Time is limited and it will run out, so our job is to make the time to put health and fitness on our "to do" list.

Stop putting others ahead of your own needs. You need to make exercise a must and look at all the benefits to be derived from looking after your own health and wellbeing.

Map each week out and actually slot into your schedule realistic times you can devote to exercise and wellbeing. When we actually schedule it in, we pause and think twice about cancelling appointment, even with ourselves.

### Action tasks:

- Plan each week and actually schedule in times you will workout.
- Exercise doesn't have to be a chore. Choose an activity you actually like and build this into your day. Go to the library and get out videos on Yoga and Pilates.
- Better yet, hire a personal trainer and have someone workout with you!
- Get up an hour earlier to get your workout, out of the way for the day.

## 2. I'm too tired to exercise in the morning or in the evening.

Do you find yourself too tired to exercise even with the best intentions? Exercise will help you gain the energy throughout the day, not just for exercise, but for life!

### Excuse banisher:

Initially when you begin any new exercise programme or start implementing workouts into your day, you will experience resistance to this change and feel a little tired as your body adjusts.

As you begin to work out regularly, you will find you have more energy throughout the day. You will feel more refreshed and

productive as a consequence of exercising and then you will be able to continue exercising each day. You just need to get started to get the ball rolling!

### Action tasks:

- The hardest part is the initial change and getting into exercise. Create a "why" for exercising and use this to motivate you to begin.
- Enlist the help of a friend or a trainer to be accountable to so you don't slack off!
- Have a reward written down on your calendar for when you complete six weeks of workouts to keep you motivated.

## 3. I don't have enough cash to afford a gym or to buy all this expensive equipment.

Gym memberships, equipment and classes can be expensive, but look at any costs as an investment into your health. It is more costly paying for bills when you fall ill health than taking preventative measures to ensure you stay healthy, fitter and stronger longer.

### Excuse banisher:

You don't need to join a gym to stay fit and healthy.

You can use your own body weight and inexpensive equipment like Swiss balls and hand weights to tone your whole body and lose weight. For cardio, walk outside briskly.

Don't put your own health and fitness on hold until you have more cash. Scale back on unneeded purchases and put the cash into your future – your health and wellbeing!

### Action tasks:

- Hire DVDs on Yoga, weight training or Pilates from the library.
- Buy a Swiss Ball, and other equipment from a sports store or online.
- Enlist the help of a personal trainer to take you through a personalised programme. Learn the techniques and then workout at home.
- Map out a route that you are comfortable walking in your neighbourhood.

▲ Nalisha Patel of HealthMastery offers mobile personal training in your home. Receive a FREE consultation and assessment. [www.healthmastery.co.nz](http://www.healthmastery.co.nz)