

Get Over Excuses For Not Exercising

CONTACT YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM.

Just because you haven't been active, doesn't mean you can't start. Think of why you haven't exercised in the past, find out why you feel that way, talk to your physician about it, and, if approved, start in slowly. Think about what's keeping you from being active and then look into ways to overcome the barriers.

Excuse	Answer
Takes too much time.	If you're just starting out, start with 10 minutes a day and add more little by little. Work up to 10 minutes at a time, three times a day.
I'm too tired after work.	Exercise before work or during your lunch.
Walking hurts my knees.	Try chair exercises, video games (Wii), or swimming.
I'm afraid I'll get low blood glucose.	If you're taking a medication that could cause low blood glucose, talk to your health care provider about ways to exercise safely.
It's too hot or cold outside.	Workout inside a facility or your own living room.
It's not safe to walk in my neighborhood.	Again, try exercising in your own living room or find a community center near you.
I'm afraid I'll make my condition worse.	Get a checkup before planning your fitness routine. Learn what's safe for you to do.
I can't afford to join a fitness center or buy equipment.	Try walking, rent video games such as Wii Fit, or using canned food as weights. Get a friend to exercise with you.
I don't want to exercise with a group.	Choose an activity such as watching an exercise program on TV, go for a walk, or find a game that allows you to exercise (Wii).