

# HOW TO OVERCOME THE MOST Common Obstacles TO EXERCISING

It's back-to-school time, and if you're a parent, teacher, or caretaker of school-aged children, your schedule may be busier than ever. Managing work and home life may feel like a workout on its own, so the mere thought of lacing up your sneakers may leave you feeling exhausted. Indeed, not having the time or feeling tired are common reasons many of us may skip a workout or two or twelve or twenty...you get the idea.

If you examine your reasons or barriers for not exercising more closely, you may find that it's about something deeper. For many, it really comes down to misconceptions, lack of motivation and enjoyment, and fear. The good news is that when you take the time to reflect and understand why you avoid exercise, you can then take steps to address the root cause head - on.

Here are some common reasons many of us may bail on exercise along with some simple remedies.

**"I don't have the time."** If you find yourself saying this, it's time to be honest with yourself. Do you still have time for TV shows, social media, and/or other non-critical tasks or appointments? Exercise and physical activity are some of the most important things you can do for your health, so in terms of priority, they should be high up on your to-do list. Also, think about time in the long run. If you don't make time for exercise now, you may be forced to spend your time in other ways in the future—at doctor's appointments, grabbing medication, in physical therapy, etc.

And remember it's not an all-or-nothing scenario. If you're squeezed for time, even five minutes of activity is better than nothing.

**"Even when I do workout, I can never lose weight. My body doesn't change."** Yes, weight loss and improved body composition are two potential benefits of exercise, but they shouldn't be the sole reasons you exercise. In addition to all the wonderful health benefits, focus on how exercise makes you feel. A walk outside can help alleviate stress. A group fitness class or workout session with friends can help you connect with people and socialize. Weight training can help you feel strong and confident. The list goes on and on.

**"I just don't like to exercise. It's so boring."** The key here is to find an activity you truly enjoy or at least an activity you don't loathe. For example, if you dislike running or group fitness classes, don't force yourself to do it. Experiment and find an activity that's right for you. You can also make workouts more enjoyable with a workout buddy or by listening to your favorite podcasts or music playlist. When you look forward to and enjoy an activity, you're more likely to stick with it.



## **Want to Skip a Workout? Remember that Your Example Matters**

Studies indicate that children's physical activity levels correlate closely with those of their parents.

