



Wellness Buddy Wednesday Tip

Fitness Plan Excuses (and ... Remedies)

You may be trying to lose weight or have tried to lose weight in the past. A combined plan consisting of making informed food choices and regular physical activity are key to success. Anytime you try to change behavior, you will only succeed if you believe you can change!

Attempt to avoid these fitness pitfalls. Look for reasons and opportunities **to** be physically active.

1. I don't have enough time.

There are two types of exercise, a formal exercise program, such as running 3 miles a day, and lifestyle exercise, which is an increase in your daily physical activity. When you can't find time for formal exercise, remember there are things you can do.

- Park the car a distance from your destination and walk.
- Use the stairs when possible, not the elevator or escalator.
- Dance around your house.
- Houseclean—it's physical activity, too.
- Fitness walk on your lunch break. Ask a co-worker to join you.



2. I'm too tired.

Exercise will boost your energy level, make you feel younger, and allow you better time management. Negative stress often leaves you exhausted and working inefficiently. Exercise is an effective weapon against these downers. Exercise improves the quality of your sleep and leaves you feeling refreshed.

3. I can't afford it.

Joining a gym or health club isn't required. Some options to consider include walking, biking, using exercise equipment, or working out using videos.

If you can't stand up every 20 minutes when at work or school, sit with good posture and shift your position often to relieve pressure on your back.

Occasionally lean forward, resting chest on thighs, to stretch your back.

Do shoulder and neck stretches often.



4. The weather is uncomfortable.

The weather shouldn't stop you from exercising. Think of inclement weather as an opportunity to add variety to your fitness regimen. Remember to dress appropriately. Consider workout videos or exercise equipment.

5. My family and/or friends do not seem supportive.

Request support from your family and friends. When they realize how important achieving your goals are to you they are more likely to encourage and participate with you. Exercising with your family and friends is a fantastic way to spend quality time together!

The human body is made for physical activity. A fit body works better in all ways. Physical activity can be one of the most enjoyable parts of a healthy lifestyle.

Change is not all or nothing, and it does not happen at one point in time.

Have a healthy and safe week!

Healthy Communities, Healthy People
Program
Jackson County Health Department
P O Box 310
3045 4th Street

Phone: 850.526.2412 ext 282
Fax: 850.428.9564
Email: WellnessBuddy@doh.state.fl.us



Providing guidance and support to make the "healthy choice the easy choice!"