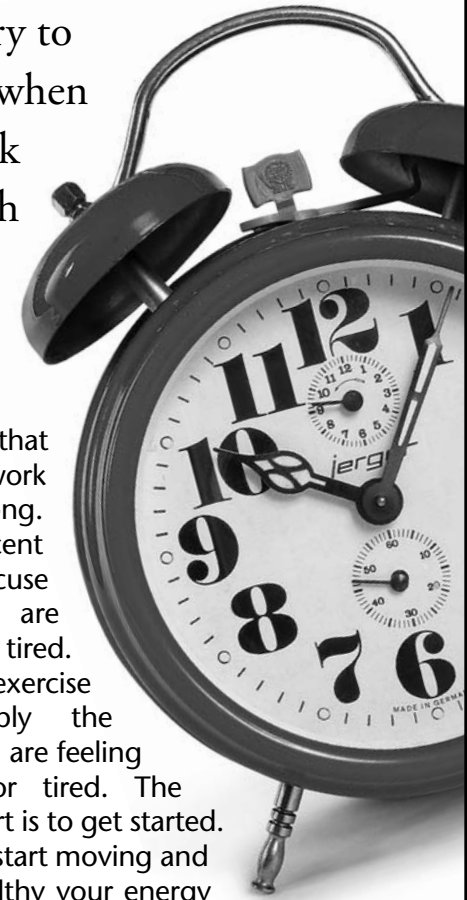


Don't Make Excuses **Make Good!**

Make Good!



The Webster Dictionary describes the word “excuse” as: to make apology for or to try to remove blame from. It is easy to use excuses. Excuses are a dime a dozen, especially when it comes to exercise, nutrition and health. The easy way out is to place blame for lack of commitment and low motivation. I am going to share my experience dealing with excuses and inform you on why every excuse you thought would work, won't make the cut any longer!

In a poll by the Presidents Council on Physical Fitness and Sports the excuses were put to the test! Forty percent of Americans said they did not have enough time to exercise. This is the most popular excuse used! Unless every second of your day is filled from the time your eyes open until the time you go to sleep, everyone should be able to find 30 minutes a day to devote to exercise. Only 30 minutes a day! The average American watches 3 hours and 46 minutes of TV each day. It is time to stop being a couch potato and start moving!

Schedule exercise. Write down exercise sessions on your calendar, and make an appointment. With a busy schedule like mine, this is a fail proof way to ensure I always get my 30 minutes a day!

Twenty percent of Americans think they get enough exercise at work and at home. Aerobic exercise uses oxygen. It is what you need to strengthen your heart and cardiovascular system. Scrubbing floors and other housework does allow you to be active but does not count as exercise. Sorry! Cleaning does not keep the heart rate up for an extended period of time. Housework should never take the place of your 30 minute cardio sessions. Plus it will feel great to dedicate time to you, not the laundry!

Health problems can cause low energy and

lack of motivation. Ten percent of Americans use this as an excuse on why they cannot exercise. Unless your doctor has ordered you to stop all activity, there really is no excuse to miss your exercise session. The movement will increase oxygen to your brain and other muscles increasing your energy level and making you feel better! Exercise and proper nutrition can also help speed up the recovery process.


Twelve percent of Americans use the excuse that exercise is boring. Find what activity is fun for you! Every “body” is different. Your body may respond differently to one type of exercise then another. Choose what works best for you! If you enjoy an activity you are most likely to continue. There are a million different ways to exercise!

Remember when you said, “I am never going to be too old not to do anything.” Rest is rust! Ten percent of Americans actually say they are too old to exercise. The body was designed to move no matter how old you are. This excuse is the hardest for me to accept when I work with clients who are 82! It is sad to hear someone at any age use this excuse. Age is a state of mind and to keep your mind young you need to keep your body healthy. There is no better prescription for longevity than exercise and proper nutrition!

Nine percent think that exercise is not necessary. No matter how slim or healthy you are everyone needs to exercise. The heart is still

a muscle that needs to work to stay strong. Seven percent use the excuse that they are just too tired. Lack of exercise is probably the reason you are feeling sluggish or tired. The hardest part is to get started. Once you start moving and eating healthy your energy level will increase. There is no need to pump your body full of caffeine. All you have to do is start moving and eliminate the “junk” from your nutrition.

No one is perfect and I have used excuses many times. However, I cannot blame my lack of exercise or lack of good nutrition on anyone but myself. I am responsible for my actions. Americans do not want to take responsibility for their health. It is much easier to blame being out of shape or being unhealthy on someone or something other than yourself.

The time has come to put the excuses behind us and focus on reaching our health and fitness goals. No one ever excused his way to success! Get Beyond Fit! 



Article written by:

**Angela M. Romano, B.S. Exercise Physiology,
Parillo Master Trainer and Nutritionist
Owner of Beyond Fit**

**112 Connolly Road • Fallston, Maryland 21047
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