

FIVE EXCUSES NOT TO EXERCISE (BUT ARE THEY GOOD ENOUGH?)



Five excuses not to exercise – but are they good enough?

We can all think of a reason why we just can't fit a workout in today. But understanding how we justify it can help to break down barriers to exercise. Here we list some common excuses for avoiding exercise, and tips to get you going.

The benefits of physical activity are well-known – it can prevent a host of diseases, strengthen your body and lift your mood. Yet at the moment of truth, why do we so often still reach for the TV remote rather than a pair of trainers? We all have reasons why we can't exercise today – ones which seem relevant and valid! But, once analysed, these perceived barriers to exercise can be overcome.

Here are some of the most common reasons we give ourselves to avoid exercise, and Discovery's tips to get you into action.

#1. I'm too busy (perceived barrier – lack of time)

Tips to overcome

Rather than devoting an entire morning, afternoon or evening to exercise, get in small chunks of physical activity during the day. Schedule 5 to 15-minute exercise sessions into your diary and give them high priority, as you would something like brushing your teeth.

Help from Vitality

With [Vitality Active Rewards](#), you can use a Vitality-linked fitness device or app to earn points for any kind of activity you do in a day. It all adds up!

#2. I'm too tired (perceived barrier – fatigue)

Tips to overcome

Remember that rather than draining your strength, exercise increases your stamina to give you more energy. If you feel tired in the evenings after a busy day, try to exercise in the morning or over lunch breaks, or at a more moderate intensity.

Help from Vitality

Fight energy dips with regular small meals, and pair healthy foods that release energy slowly. For example, whole grains eaten with protein can help prolong an energy high. Plus, you can get up to 25% cash back on [HealthyFood](#) items with Vitality.

#3. I'll hurt myself (perceived barrier – fear of injury)

Tips to overcome

Get advice from a biokineticist or another healthcare professional when choosing an exercise programme.

Help from Vitality

Vitality members earn 1 000 points for their first visit to a biokineticist in the [Vitality Wellness Network](#) each year. The more points you earn, the higher your Vitality status and the bigger your rewards!

#4. I'll look terrible in Lycra (perceived barrier – being overly self-conscious)

Tips to overcome

Just wear any clothing that makes you feel comfortable. Sportswear that you like can help, but don't forget, most people are far more concerned about their own looks than with yours!

Help from Vitality

Get up to 25% cash back on snazzy new sportswear at Sportsmans Warehouse and Totalsports with [Vitality's HealthyGear benefit](#).

#5. I can't afford it (perceived barrier – cost)

Tips to overcome

You don't need to purchase expensive equipment or a gym membership to become physically active. The only thing that's truly necessary is a good pair of training shoes.

Help from Vitality

With [Vitality Active Rewards Shoe Booster](#), you can get up to 100% cash back on a brand-new pair of running shoes. There's no reason not to get started today!

If you need any further information, speak to a healthcare professional or your Discovery coach.