

# Health Plan of San Joaquin says: “Fight back – Don’t let excuses knock you off the exercise track”

You want to exercise. You know it’s good for both your mind and body. And you actually feel better when you do it!

So what’s getting in the way? Maybe dozens of things. Some are pretty persuasive, too. Life happens. But other times, excuses are ... well, just excuses.

Here are some common thoughts that derail good exercise intentions—and tips for what to do about them. Some advice from Health Plan of San Joaquin:



*“We all go through some periods when we’re lacking motivation. One smart way to get inspired to stay active is to identify an exercise-related activity that you enjoy. Find a group that, like you, enjoys this activity and can hold you accountable to be at a workout.*

*“The social interaction and competition that comes from group participation also helps boost motivation. For instance, Health Plan of San Joaquin offers to its employees the Sonic Boom program that focuses on social engagement in daily wellness activities to reach healthier lifestyles. You may also want to consider signing up for a local community walk. Having a walk or run on your calendar is a great motivation to stick to your workout schedule.”*

– HPSJ Health Promotions Specialist Nancy Calderon

The excuse	The remedy
“I’m too tired.”	The truth: Consistent exercise actually boosts your energy. But if you wait until you’re too pooped to pump, it might not happen at all. So schedule your workout for a time of day when you have some get-up-and-go.
“I don’t have time.”	<ul style="list-style-type: none"> <li><input type="checkbox"/> Schedule exercise just like any other priority.</li> <li><input type="checkbox"/> Keep your walking shoes at your desk and head out for a brisk stroll during lunch or breaks.</li> <li><input type="checkbox"/> Pack your gym bag the night before.</li> <li><input type="checkbox"/> Break exercise into 10-minute chunks if you need to.</li> <li><input type="checkbox"/> Do double-duty: Walk in place while watching TV; ride a stationary bike while on the phone; park 20 minutes from work and walk to and from your car.</li> </ul>
“It’s too wet/cold/hot.”	Come up with an indoor routine you can do when the weather doesn’t cooperate. Doing calisthenics, climbing stairs, jumping rope, walking in a mall or swimming indoors are no-cost or low-cost activities.
“Who cares? Why bother?”	Oh, that negative inner voice. It zaps confidence and destroys motivation. Keep track of your miles, time, reps or steps. Give yourself credit for a job well done!