

January 2010: "What's keeping you from exercising?"

Most of us know that we should be getting more exercise. But, busy schedules and other roadblocks can come between us and our dreams of getting - and staying - fit.

Here are some of the most common barriers to exercise and some solutions that can help you get started and keep going!

No time:

1. Get up a half an hour earlier. Think of it as only 30 short minutes that can make a big difference.
2. Use part of your lunch break to take a brisk walk.
3. Trade out some tube time in the evening for exercise. When you watch TV, try some stretches or sit-ups during the commercials.

Too tired - After a long day, exercise may be the last thing on your mind. However, it may be just what you need to boost your energy level and improve your mood. You might try taking the dog for a walk, or renting an exercise video.

Too boring - Even your favorite activities can become tedious after a while. Spice up your workout with some new music, or try listening to an audiobook for a change of pace. How about just kicking the soccer ball around with your kids?!

We've included articles on "ways to exercise when you don't have time" and on "strength training." Strength training or resistance training has been proven to have so many health benefits. Strength-training exercises will stress your muscles beyond what you may have done before - but they will do so safely and more effectively than any other workout. Strength training helps you create new fat-burning lean muscle, increase endurance and flexibility.

The 2008 Physical Activity Guidelines for Americans published by the U.S. Department of Health and Human Services has exercise advice for everyone ages 6 years and older. The guidelines focus on three types of physical activity:

1. Aerobic exercise, such as swimming, bicycling, brisk walking and running.
2. Muscle-strengthening exercise, such as weight lifting and push-ups.
3. Weight-bearing exercise, such as climbing stairs, running and jumping rope - anything that gives your bones a workout by making them work against gravity.

[9 Ways to Exercise ... When You Don't Have the Time](#)

[Return To Strength Training](#)

