

Get HEALTHY! EXCUSE ME?

3 Steps to Overcoming Exercise Barriers

By Michelle Cederberg, MKin, CEP, Professional Speaker



Fitness and Wellness Consulting

Given the opportunity, an individual having difficulty getting active or improving bad health habits will create and hide behind mountains of excuses before making changes. Excuses like: lack of time or energy, too much work, family priorities, lack of money or motivation, fear of injury or re-injury, previous negative experience with exercise, "it ain't worth it". The list is endless, but not unmanageable. Next time you're having difficulty getting or staying active, spend some time identifying the root of the evil. It may be as easy as 1, 2, 3, to get back on track.

Trick #1 is to differentiate the exercise and health **obstacles** from the **barriers**. Ask yourself: What are the things that conspire to keep you inactive? Be ruthless and look at all things physical, financial, social, emotional, and write them down.

A **barrier** is generally a large, more permanent "road block" that forces you to choose a different path, while an **obstacle** can be likened to a stone in your path; you either step over it, move it, or walk around it. Let's look at starting a fitness program. A common "change" barrier is definitely lack of time. Free time eludes us all, but get creative. Choose a different path. Early morning workouts, shorter workouts, or active living approaches to physical activity may be answers. From there, an obstacle might be lack of awareness of the right way to get started. You may choose to "walk around it" and hire a personal trainer, or ask a friend for assistance.

Trick #2 is to take a look at all of those barriers and obstacles, and ask yourself the following question for each: "Is this excuse a problem ALL the time, or just now and then?" We make obstacles into barriers by "chronically" letting them confound our exercise and health efforts. Often it's easier to tackle the rare occurring "acute" obstacles one at a time to increase your chances of success.

Trick #3 is to determine if the barriers and obstacles stop you from attempting good health practices all together, or just less than normal? Try not to be so hard on yourself if your exercise routine has slacked a bit during a busy time, or if you overindulge at your favourite restaurant. Just remember that short-term lapses can turn into full time bad habits if you don't plan for your return to healthy living. If your "excuse list" has a strangle hold on your health and exercise efforts take the time to breakdown the barriers and clear the way to a new start!

Live Out Loud Speaking and Consulting

628 – 26th Avenue NW Calgary, Alberta, Canada T2M 2E5

Phone: (403) 850-5589

E-mail: info@liveoutloud.ca

Website: www.liveoutloud.ca

Corporate/Group Seminars Fitness Coaching, Product Sales,

Michelle Cederberg MKin, CEP

*As a recognized life balance strategist and fitness motivation expert Michelle motivates her audiences to take realistic steps toward more of the things we all want – achievable **life balance**, time for **fitness**, heightened **stress ‘defense’**, and the energy and confidence they bring! She has built her career in the fitness industry since 1990, as a personal trainer and educator, and expands that practical experience into motivational speaking and consulting. Her lively sessions have entertained hundreds of audiences across Canada and the U.S.*