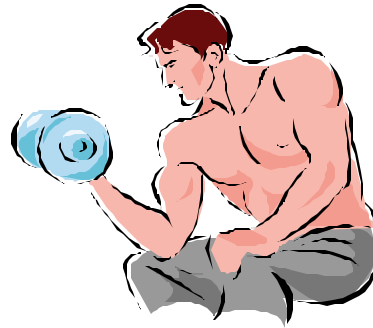


Are you procrastinating from getting fit but really want to?



So many people can honestly answer that they have been through this before with all the same excuses. Here are the hurdles that people have had to overcome and how they won the battle – you can too!!

Do you have no time to get fit? We all have excuses to use: busy at work, family commitments, no extra time in your day...

Funny thing is, if you decide that fitness is a priority for you then *you will* find the time. Sometimes we just have to be a little creative about how, when and where we exercise.

If you are lacking any habit for fitness then you have another hurdle to cross. We are all creatures of habit and so you may have to break your habit of lack of fitness and learn to act differently – period.

The best way to start a new habit is do the activity once and then do an assessment. If you are happy with the results then repeat the behavior. Gradually the new activity will gain strength and you will have formed yourself a new habit!

“It is hard to get back into the routine after you have been out of it for awhile”.

This excuse has been used by many of us for many things but again if you really want to pick up your fitness then you will think positively and start up again. One thing with fitness is that your levels can fall quickly so you may have to take it a little slower at the beginning but you will eventually get back to your old program and feel really good about it.

We have all read and heard about the benefits of fitness so now you just have to believe that you can achieve the same results. Remember that being fit is more than being trim or muscular; it also includes proper weight control, nutrition and stress reduction. By exercising just 20 – 30 minutes per day/ three times per week you can feel better and be more productive!