

# finding time to exercise

Exercise is the silver bullet or the magic pill for fat loss, reduced stress and improved health. However, many people don't exercise because they think they don't have time. They're waiting for work to slow down, for the kids to go back to school, confirmation of an up-coming event or just waiting for next Monday to start! They have many excuses but no real reasons.

## i really want to exercise but....

- ◆ **Exercise is boring.** If you don't look forward to your workouts, it's no wonder you skip them. Ensure your activity is something you enjoy - you'll last longer!
- ◆ **Nothing major will happen if I skip my workout.** It's not like you'll gain 5kgs or suddenly get heart disease if you miss one day, but it's easy to let the time get away from you until pretty soon it's been a month since you last worked out or participated in some physical activity. Then you're faced with the consequences: weight gain, low energy and increased risk of cardiovascular disease.
- ◆ **You're waiting for things to slow down.** Life doesn't calm down as we get older. Jobs, kids, family, social obligations - they're never going to go away. If you're waiting for a clear schedule, you just won't start. Make the start now - don't put it off!
- ◆ **You get frustrated by lack of results.** It takes time to see results, so be patient and don't obsess over what you see on the scales. Focus on what you're getting NOW - energy, stress reduction, personal satisfaction, and looser-fitting clothes.
- ◆ **You don't have huge chunks of time to do all this exercise.** You don't need lots of time. Just 30 minutes two or three times a week and you've got yourself an exercise program!

## finding fun in exercise

Exercise and physical activity is fun and could be as simple as changing your perspective a little. For example, exercise offers a different kind of pleasure, a "wow, my life is better" kind of pleasure! In addition, regular physical activity will give you:

- ◆ **Satisfaction.** When you achieve any small goal, you will enjoy the warm fuzzy feeling. Just by committing yourself to an exercise time and doing it, you'll gain a sense of achievement.
- ◆ **Relaxation.** If you do it right, a good workout will leave you both energised and relaxed. You're alert, but not stressed and you're able to accomplish more.
- ◆ **Weight loss.** Follow a structured and regular program and your clothes will fit you better.
- ◆ **Better health.** There's no better prescription for high blood pressure, high cholesterol, diabetes and other poor health conditions than a sedentary lifestyle.
- ◆ **Confidence.** Exercise is a confidence builder. You become comfortable in your own skin and you typically become more balanced.

Find the time to exercise now... or find time for illness later!

## further information:

active health club  
lower level, the conference centre  
7 talavera road, north ryde nsw 2113  
p: (02) 9870 8775 f: (02) 9980 9089