

## **Obstacles to beginning an exercise program**

### **I don't know how I'm going to find the time to exercise.**

Break your exercise up throughout the day (eg: morning walk and evening weight training)

Take planned breaks to exercise  
Short walk, run stairs, etc.

Commit to a specific amount of time and stick to it  
Consider exercising in the morning before you start your day  
Consider exercising during your lunch break, eat something immediately afterwards

Establish a set routine after work that allows more time for exercise

Pack your workout bag and have it ready before the next day  
place it in your car or by the door

Get things done during physical activity in schedule  
Bike for transportation  
Park further away and walk  
Walk to store  
On cardio machines (eg cycling)  
prepare to do lists, make phone calls, do work on your handheld PDA, etc.

Exercise instead of watching TV  
Better yet, watch TV or listen to the radio while you are exercising

Consult a trainer to assist you in purchasing a home gym  
See [Home Exercise Equipment](#)

If you get so busy you may forget to exercise, set reoccurring alarms or notices to exercise during your scheduled time  
handheld PDA, computer, or watch

Understand "I don't have enough time to exercise" is just another

excuse

even the busiest professionals such as doctors and lawyer  
(even those with families) find time to exercise and eat  
right

make exercise and eating right a priority!

Understand you will more productive if you exercise regularly

**Exercise is not enjoyable or fun for me.**

Combine exercise with other activities that you enjoy

basketball, racquetball, walking briskly in the mall, etc.

group aerobics, swimming, walking or cycling club, etc.

walking in park, jogging on the beach, going for a hike, etc.

Establish small performance goals for each workout and praise  
yourself upon accomplishing them

Play close attention to things that seem pleasurable before, during,  
or after exercise

Watch television or read during exercise to take your mind away  
from the activity

Experiment with other activities that you may find enjoyable

e.g.: group aerobics, swimming, rock climbing, running,  
walking or cycling club, etc.

Find a reliable training partner

Do not become depend upon your training partner though

Exercise even if they miss the workout, take the lead

**I get bored easily when I exercise.**

Try new routes when walking, hiking, jogging, or cycling

Use [Mental Imagery](#) to create an enjoyable setting for my exercise

Set challenging but realistic goals for each workout

Try new exercises and physical activities each week

Try group exercise, recreational activities, and new exercises

Change exercise program every month (particularly your weight  
training program: see [Restimulating Progress by Changing  
Exercises](#))

Join a training group (walking, jogging, cycling, swimming, martial  
arts, etc.)

Implement exercise into everyday activities

Bike for transportation

Park further away and walk

Walk to store

On cardio machines (eg cycling)

prepare to do lists, make phone calls, do work on your handheld PDA, etc.

Use diversions

Listen to inspirational music during your workout, watch TV or a video, listen to the radio, or read

**I might get frustrated if I don't see results right away.**

Concentrate on your [behavioral goals](#); adhere to your program

Continue to monitor your progress and make adjustments to keep moving forward

Take girths, or circumference measurements monthly

Find someone that can take your body composition monthly  
monitor fat and lean weight

if no progress, make change in your program for entire month  
then retest

Use positive affirmations to keep your enthusiasm high

Give yourself positive feedback each time you complete a goal related task

Share your exercise goals with those that will encourage you

**It's hard for me to exercise when I'm tired or fatigued.**

Exercise around the same time each day so your body will become accustomed to gearing up during this time each day

Realize you will start feeling more energetic as you continue to exercise at the same time each day

Likewise, go to sleep and awake at the same time every day; even on weekends

Rate your level of fatigue before and after an exercise session to see if it increases my energy level

Plan on "exercising light" or at least minutes on days that your feeling fatigued

Most often, once you just show up and have warmed up, you will likely find it is not much more effort to continue exercising

During your aerobic exercise, adopt a "rest-exercise-rest-exercise" system to balance your rest and exercise needs

Identify whether your fatigue is physical, or simply a "mental fog" and adopt ways to get through the haze, and exercise

Follow mentioned [dietary guidelines](#) to improve your energy  
Eat a snack or meal 1-2 hours before you exercise  
Eat immediately after strenuous exercise to enhance recovery  
(see [Rationale](#))

Talk to your doctor if you feel your fatigue is medically related  
**I feel intimidated or embarrassed in an exercise setting.**

Find a time of day less people are in your gym  
Find a workout partner so that you can encourage each other  
Keep your mind open, use power of thought and creative planning  
to overcome self defeating thoughts

Even [Lou Ferrigno](#) felt very intimidated when he first began  
working out with weights

In the weight room, be assertive in asking others if you can work in  
between their sets while they are resting

The more intimidating individuals are usually more compliant  
since they are more aware of proper [gym etiquette](#)

Understand many people are so self absorbed in how they appear  
to others while exercising  
they will most likely not be paying much attention to what you  
do or how you look

**I don't enjoy exercising in bad weather** (rainy, hot, humid, cold,  
snow).

Dress appropriately in accordance to the weather  
Exercise at the fitness facility or to an exercise video when weather  
is terrible

Find a mall or facility you can walk indoors during bad weather

Exercise in the evening or early morning when it is cooler

Try to overcome the initial misery of exercising in uncomfortable  
climate

Understand your body and mind may take a week or two to  
acclimate to the environment

Progressively increase exercise durations and  
intensities

Maintain regular exposures if possible

In hot weather drink plenty of fluids and protect yourself from  
the sun

Think of your self as a dedicated exerciser.

Observe wind chill factors and heat advisories

## **Work demands may make it difficult to exercise.**

Plan your workouts around your work schedule

Get up earlier and exercise before work or find a regular convenient time to exercise

Make it routine: every week day at the same time is a great goal!

Plan a back up schedule

Use it only when necessary and not because you feel tired

Get support from those close to you

Let them know when you will be exercising and how important it is to you

Ask you spouse or someone close to you to ask you if you've exercised or how many times you've exercised every week

Take planned breaks to exercise while working

Short walk, run stairs, etc.

Pack your workout bag and have it ready before the next day place it in your car or by the door

If you miss your workouts forgive yourself and move on

Immediately pick up where you left off if you must miss a day or two

Start back gradually if you miss more than several days.

## **Planned vacations, business trips, or holidays may make it difficult to exercise consistently.**

Do not let travel or holidays get the best of you. Plan ahead and continue with your exercise program

Plan for exercise on your vacation

Book a hotel that has a fitness center and/or pool

Ask the hotel if they have an arrangement for their guests with a local fitness center

If no fitness center is available consider following exercises:

Cardio

if safe, walk outside around hotel neighborhood

walk hotel hallways and stairs

For anaerobic ([HIIT](#)) *fit participants*

warm up briskly walking hallways and stairs for a few minutes

sprint 15-30 seconds on stairs

walk hallways for 4-5 minutes between sprints

Realizing that alone time might be tight during holidays or vacation,

Try to incorporate family/social time into your exercise plans

Do not get discouraged if you are unable to find enough time for a complete or "perfect workout" while on vacation or holiday

When you arrive back from your vacation or trip, start back where you left off

Short breaks from exercise can hasten recovery & prevent over training

Short breaks also make it challenging to continue a regular exercise

### **Family obligations may make it difficult to exercise.**

Share your goals with your family

Ask them for their support

Having explained that you have set aside a particular time to exercise can potentially minimize future conflicts or misunderstandings

Those close to you will have the opportunity to understand the importance of your goals and the time you have set aside for them

Participate in physical activities with your family. Be creative

Make a special effort to support family members in non-exercise activities

Allow each family member to take turns each week to select a special activity the whole family will participate in.

When it comes your turn, select a physical activity (walk, cycling, hike, swim, etc.) the whole family may enjoy

Find other activities your family members can participate in while you exercise

Consider joining a family friendly fitness facility

Invite your wife or kids to exercise with you

Pull your younger kids in a sled or wagon

Have the older kid(s) ride their bicycle

Talk to your family about improving time management

Set firm boundaries on time you give yourself to exercise

Make time for your self!

Understand regular exercise will make you a better parent or care giver

Wake up before the family and exercise

**My family or friends may not support my attempts to exercise.**

Meet with your family and explain your goals for exercising

Express how important it is you exercise regularly

As for their support - give them permission to nag you if you miss your workouts

Invite family members to exercise with you in ways that you all enjoy

Make a special effort to support family members in non-exercise activities

Allow each family member to take turns each week to select a special activity the whole family will participate in.

When it comes your turn, select a physical activity (walk, cycling, hike, swim, etc.) the whole family may enjoy

Find other support networks

Join exercise groups (walking, running, cycling club, etc.)

Share your goals with someone at work

Find an exercise partner

**I may have to exercise alone.**

Consider finding an exercise partner with your similar goals and fitness level

Make friends with those who exercise at your gym at the same time you exercise

Join or start training club (e.g.: walking, hiking, running, cycling, swimming, martial arts, etc.)

If you prefer to make exercise time a time for yourself, find diversions

listen to your favorite music while you exercise

experiment with different routes when you walk, run, or cycle

Weight training

Only workout until one repetition short of failure

particularly on exercise such as squat and bench press

Keep track of resistance and repetitions performed on each exercise

Learn proper technique and self spotting techniques from a qualified trainer

**I may forget or loose track of my goal.**

Write your goal down and post it where I will see it each day  
Tell a workout partner and/or those close to you about your goal  
and ask for their encouragement  
Hire a personal trainer or meet with an exercise consultant  
periodically  
Train for an event (fund raiser, competition, adventure vacation)  
Continue to monitor your progress and make adjustments to keep  
moving forward  
    Determine the best way to assess your progress toward the  
    goal  
        Sign up for periodic fitness testing by certified of  
        degreed trainers  
        Medical examinations  
    Write assessment date on your calender  
    Perform assessment regularly (e.g.: every 1 to 3 months)  
    Redesign program or strategy if adequate progress if not  
    observed

See [Goals](#)

**The exercise setting available to me does not meet my needs.**

Schedule a time to visit various exercise facilities  
    Try to find a facilities that allows you to pay month to month  
    with no long term contract  
    If a pay as you go agreement not available, sign up for the  
    shortest possible contract  
        Find an alternative facility if you find it does not meet  
        your standards later.  
    If budget is an issue, consider applying for a part time job at  
    the facility if they offer free membership to employees  
    A facility within 15 minutes will more likely be used regularly  
Consult a trainer to assist you in purchasing appropriate equipment  
within your budget  
    See [Home Exercise Equipment](#)  
Join a training or recreation club (e.g.: walking, hiking, running,  
cycling, swimming, martial arts, etc.)  
Join a sports league  
Purchase quality exercise videos  
    Explore community programs your town or church may offer

