

MAKING ACTIVITY CONSISTENT

I CAN'T EXERCISE BECAUSE:

Check all that apply.

- I'm too busy and can't fit it into my day.
- My plans to workout get re-prioritized by other obligations.
- I don't like to exercise.
- The gym is intimidating.
- I don't like to sweat and then shower again after I workout.
- I'm too tired.
- I don't have the motivation to exercise.
- I don't like to exercise alone.
- I feel self-conscious about my lack of coordination/skill.
- The weather is bad outside.
- I've tried before and can't stick with a program.
- I'm too stressed.
- I can't afford a gym membership, yoga classes, etc.
- I don't know what to do.

We have all made excuses NOT to exercise. Let's face it, life gets busy or we lack motivation. But, activity is a crucial part of just not being healthy, but *feeling* healthy. Activity provides so many benefits, such as increasing energy, reducing stress, building muscle, clearing our mind and so much more. Let's get you moving!

HOW TO ADD IN ACTIVITY

1. The first step in starting your exercise routine is to change your mindset. Are you telling yourself any of the reasons listed above? What if you changed how you talk to yourself about exercise? Rather than saying "I have to..." stating "I get to...". When we talk like we dread something, we won't be enthusiastic about doing it. Try "I get to...." and see how it changes your outlook. Statements I tell myself that I can change:

"I have to..."

"I get to..."



2. Next step – choose activities that are fun for you. You’re much more likely to “get” to do something when it’s something you like. For instance, you may not like running but really enjoy playing basketball. Guess what! There’s *running in basketball!* We just don’t think of it as running because we’re playing a fun game. Hint... not sure what to try, think back to your childhood days – riding bike, jumping rope, playing tennis (or pickleball!) just to name a few.

Activities I Like:

_____	_____
_____	_____
_____	_____

3. Lastly, remember that exercise gains can come from several short sessions. If one 30-minute session is not going to work with your schedule, don’t worry! Maybe two 15-minute, or, 2, 3 or 4 10-minute sessions will. Be creative and allow yourself some grace. A 10-minute walk around the office or shooting some hoops with your kids or playing ping-pong with your friend next door may ignite a solution to that problem that’s been stressing you out.

- ✓ Solution
- ✓ Less stress
- ✓ Exercise

A win-win-WIN, for sure!

Times I can Schedule in Short Breaks:

4. Oops! One more! In order for something to become a part of your regular routine without having to think about it – aka *making it habit* – it’s critical to practice. Practice when you don’t think you should. Practice when it’s not easy. Practice until it IS easy. Don’t worry! You’ve got this!



If this short exercise has prompted interest in learning more about how InCourage Health LLC may be able to help you boost energy, gain confidence and savor life, complete [this application](#) for a free consult. The consult is not to sell you anything or to start solving problems, but rather a time for you and Coach Dani to get to know each other. After spending time talking, you’ll both determine if this partnership will be valuable for you both to continue. Or, send an email to: incourage@incourage-health.com for any other inquiries.

