

10) *Apathy - "I don't care"*;

Everyone should care about their health and their quality of life. We have become a sedentary society, which is developing significant health risks. Our bodies were built for movement.

9) *Lack of understanding - "I don't know what to do in the gym"*;

This may be true. In fact, most fitness experts cringe at the exercises they see some people doing in the gym. The majority of people who join a gym learned how to lift weights from their high school gym teacher 20 years ago. A little education from an exercise specialist will go a long ways in the gym.

8) *Discomfort - "It hurts when I start exercising"*;

Delayed onset muscle soreness (DOMS) is very common when first starting a program. This usually only lasts a few days after your first few workouts. Once you have been consistent with your routine for a few weeks, the DOMS will begin to diminish. The trouble here is that most people only continue a program for 4-6 weeks. So they associate most of their training with pain. Keep consistent and the DOMS will reduce.

7) *Chronic Injuries- "I have a bad _____" (fill in the blank with your favorite body part. Usually "back" works well.*

There is always a way to exercise, it might just need to be modified. In most cases, you should contact a healthcare professional prior to starting a routine to get proper guidance on exercises to avoid or include into your program.

6) *Boredom - "I get bored working out"*;

Exercise should be fun and interesting or you probably won't continue. Change up your workouts every once in a while. Workout with a friend. Join a league or a local hiking group. There are many different ways to exercise other than being stuck on a treadmill.

5)Inconvenience/Distance - "It takes to long to get to the gym";

You should join a gym that is in close proximity to your house or office. This will increase the chance that you will go to the gym. If this is not an option, then exercise at home.

4)Expensive gym memberships - "I don't have enough money";

Exercise does not discriminate between incomes. Basic walking/running and body weight calisthenic combined with a proper diet can result in great results if done with the proper intensity and consistency. Gym memberships are nice to have, but it is not required to get in shape.

3)It's to hard - "There has to be an easier way";

This is why infomercials prey off our society with get fit quick gimmicks with items that melt away fat. They are making billions off our society that continues to buy items that promise to be the easiest and fastest way to fight our obesity epidemic. Exercise should be hard. If the exercise does not stress the body, the body will never change or adapt. This is a simple physiology principle.

2)No Energy - "I'm to tired";

This is exactly why you should be exercising! Exercise has been proven to increase your levels of energy. Sure the first few weeks are tough and you feel very tired after your workouts. With time you will have more energy throughout the day and you will begin to look forward to the endorphines that are released during your workouts.

1) *No time - "I can't fit in exercise with my busy life"*;

Work and family take up a majority of people's day. If you wait until end of the day to squeeze in a workout, you probably won't be making it to the gym. Workouts should be scheduled into your week and they should be one of the most important items on your "to do" list. This is time you are committing to make yourself a better and healthier every week. I always find it amazing that people can always make time to meet with their personal trainer, but can't find time to workout on their own. It's a matter of scheduling and prioritizing.