

Obstacles with Suggested Solutions

What will prevent you from exercising regularly?

- [I don't know how I'm going to find the time to exercise.](#)
 - [Exercise is not enjoyable or fun for me.](#)
 - [I get bored easily when I exercise.](#)
 - [I might get frustrated if I don't see results right away.](#)
 - [It's hard for me to exercise when I'm tired or fatigued.](#)
 - [I feel intimidated or embarrassed in an exercise setting.](#)
 - [I don't enjoy exercising in bad weather \(rainy, hot, humid, cold, snow\).](#)
 - [Work demands may make it difficult to exercise.](#)
 - [Planned vacations, business trips, or holidays may make it difficult for me to exercise consistently.](#)
 - [Family obligations may make it difficult to exercise.](#)
 - [My family or friends may not support my attempts to exercise.](#)
 - [I may have to exercise alone.](#)
 - [I may lose track of my goal.](#)
 - [The exercise setting available to me does not meet my needs.](#)
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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.)
- Impliment 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 you [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 you 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 your 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 or 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