

No Excuses

This month we are going to focus on the next step to developing a lifetime of wellness –getting rid of the excuses! There is a reason that you have not been doing what you know you need to do. What is it? Are you coming up with new excuses every time that exercise commitment rolls around? Are you holding on to the excuse that you have decided you are just not athletic, that exercise is just too inconvenient, too hard?

I saw a sign at a Reebok store that said, “There is an athlete in all of us.” I believe it! However, most of us believe that we can’t be an athlete; there is no hope that we can exercise. I believe that if you really want to do something, you will. I have made myself available over the years to help individuals with exercise, to the point of stretching my schedule very thin. Why? Because I believe it will make a difference in weight loss and overall health. I have heard every imaginable excuse for not exercising. Here are just a few and I promise every one is genuine; I could not make up this stuff!

- It’s too hot.
- It’s too cold.
- I’m too tired.
- I’m too busy.
- I feel faint when I walk.
- My throat hurts.
- My knee hurts.
- My feet hurt.
- I have to do laundry.
- My dog is sick.
- My husband is sick.
- I’m too old.
- I’m too stressed.
- I don’t have any shoes.

- I don't have any money.
- I don't like people watching me.
- No one will go with me.
- I have to cook supper for my husband.
- I need to get my nails done.
- I have papers to grade.
- I have to clean my house.
- I don't want to build up my legs.
- My fat wiggles when I run.
- It shoots my morning.
- It shoots my evening.
- I'll miss CSI.
- I need to work.
- I have homework.
- I have my grandchildren.
- My doctor told me not to.
- Exercise doesn't work for me; it runs in my family.
- It's so boring.
- I don't like sweating.
- I get nauseated.
- I can't get up.
- It ruins my hair.
- My Thyroid won't let me.
- My trainer hates me.

We need to get rid of the excuses and get serious about making changes. It is not too cold, it is not too hot, and your trainer does not hate you. Stop lying to yourself and at least be honest. You do not want to exercise. I am not going to try and convince you that if you start exercising, you will learn to love it. Working out is hard work. That's why it is called a "workout." It will be some of the hardest work you will ever do, but I can say that if you are consistent with your commitment, you will start experiencing the benefits and will at least be able to tolerate the exercise. Who knows! There may come a day when you will find yourself

actually looking forward to the workout!

Allow the Holy Spirit to give you a new vision of yourself and throw out that excuse.

One way to find out what excuse has become an obstacle is to ask your family or close friends what words you use to describe yourself when talking about getting in shape. You'll be surprised at how they can use your words to help you find which excuse you need to identify. You need brutal honesty, so ask them to tell you in love and have fun. Sometimes, humor helps to identify your excuses.

It's not too late to put down the remote, pick up your shoes and head out the door. Leave those excuses behind and get moving! No more excuses.

I am praying for God to strengthen you for the journey, one forward step at a time.

Vicki Heath