COMMON EXCUSES FOR NOT EXERCISING



Below is a list of common excuses for avoiding exercise:

Hard Truths

"I don't have enough time"

What you're actually saying is that you're not willing to make time. You're not assigning enough importance to your fitness. The problem isn't time. It's your priorities.

"I don't want to go anywhere to exercise".

You can exercise anywhere. Literally, anywhere! There are videos on Youtube that you can pull up, you can walk around your neighborhood, or you can jump rope on your driveway.

"I don't want to be seen".

Why do you think that everyone is worried about you? Are you really going to allow the potential opinions of others stop you from taking care of your body?

"I feel too tired to exercise".

This is understandable, but it's not an excuse. Bestie, exercise creates energy and you will feel even better after exercising.

"Exercise is boring. It's no fun".

Have you tried every form of exercise? You may need to find an exercise that stimulate your interest. Which exercise could you try?