

UNIVERSITY SPORTS MEDICINE
Beat the Barriers to Exercise

Tired of your exercise program getting sabotaged? Plan ahead to overcome the obstacles to success. Apply your problem-solving skills to managing your personal health and fitness.

No Time

- Exercise first thing in the morning. That way extracurricular activities are less likely to get in the way.
- Go for a short, brisk walk on your lunch break.
- Get off the bus, light rail, or out of your car several blocks early and combine exercise with your commute.
- Combine various activities. For example, have “walking meetings” with business colleagues. Or walk on the treadmill while watching the news or your “soap”.
- **Delegate.** Let your spouse and children share the workload. Think of it as your duty to teach responsibility, teamwork, and a strong work ethic to your loved ones.
- **Prioritize.** Don’t let errands or your workload sidetrack you. You’ll get more done **after** you’re energized with exercise anyway!



Too Tired

- Exercise as early in the day as possible. As the day rolls on, mental fatigue makes it easier to talk yourself out of exercising.
- Recruit an exercise buddy. The two of you can keep each other going.
- Don’t stay up and “zone out” watching late night TV. Turn off the tube and get your sleep.
- Modify your intake of high sugar foods. They give you a quick high, followed by a real low.
- If you’re planning on exercising after work, have a late afternoon snack to give you energy.
- Find activities you enjoy or which provide you with the stress release, stimulation, or social time you need. You’ll look forward to being more active.

Bad Weather

- Choose appropriate exercise clothes. The right choices can keep you warm and dry in the cold, OR cool in the heat. High-tech fabrics and new garment designs make it easier to handle weather extremes.
- Find indoor options such as a fitness club, home equipment, exercise videos, or TV exercise shows.
- Walk around the shopping mall. Leave your wallet at home!
- If nothing else, stretch or do some abdominal strengtheners while watching television.

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Child Care

- Working moms generally have better success if they exercise during lunch or around the workday when child care is already in place.
- Do a babysitting exchange with neighborhood parents. One of you watches the kids while the others go for a walk or play tennis.
- Teach your kids to enjoy physical activity by doing it with them! Do such things as street games, bicycling, hiking, etc.
- Swap workout time with your spouse.
- Choose at-home options that could be done when kids are napping, such as yoga, fitness video, indoor bicycle, etc.