

## Get HEALTHY! EXCUSE ME? 3 Tricks to Overcoming Exercise Barriers



Given the opportunity, an individual having difficulty getting active or improving bad health habits will create and hide behind mountains of excuses before making changes. Excuses like: lack of time or energy, too much work, family priorities, lack of money or motivation, fear of injury or re-injury, previous negative experience with exercise, "it ain't worth it". The list is endless, but not unmanageable. Next time you're having difficulty getting or staying active, spend some time identifying the root of the evil. It may be as easy as 1, 2, 3, to get back on track.

**Trick #1** is to differentiate the exercise and health **obstacles** from the **barriers**. Ask yourself: What are the things that conspire to keep you inactive? Be ruthless and look at all things physical, financial, social, emotional, and write them down.

A **barrier** is generally a large, more permanent "road block" that forces you to choose a different path, while an **obstacle** can be likened to a stone in your path; you either step over it, move it, or walk around it. Let's look at starting a fitness program. A common "change" barrier is definitely lack of time. Free time eludes us all, but get creative. Choose a different path. Early morning workouts, shorter workouts, or active living approaches to physical activity may be answers. From there, an obstacle might be lack of awareness of the right way to get started. You may choose to "walk around it" and hire a personal trainer, or ask a friend for assistance.

**Trick #2** is to take a look at all of those barriers and obstacles, and ask yourself the following question for each: "Is this excuse a problem ALL the time, or just now and then?" We make obstacles into barriers by "chronically" letting them confound our exercise and health efforts. Often it's easier to tackle the rare occurring "acute" obstacles one at a time to increase your chances of success.

**Trick #3** is to determine if the barriers and obstacles stop you from attempting good health practices all together, or just less than normal? Try not to be so hard on yourself if your exercise routine has slacked a bit during a busy time, or if you overindulge at your favourite restaurant. Just remember that short-term lapses can turn into full time bad habits if you don't plan for your return to healthy living. If your "excuse list" has a strangle hold on your health and exercise efforts take the time to breakdown the barriers and clear the way to a new start!

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Michelle Cederberg – "Your 'Getting to It' Guru"

Michelle Cederberg leads the industry for life balance, health, and stress management programs, resources, and tools that *actually* conquer procrastination, fatigue, and loss of motivation. Her expansive education and experience combined with her unique products, platform skills and messaging will ensure individuals and corporations understand that "It's not the *doing* that's tough, it's GETTING TO IT!" and she helps you figure out how. With a Masters in Kinesiology, a BA in Psychology, and a specialization in Health and Exercise Psychology, Michelle combines mind, body, and practicality to inspire change! She has built her career since 1990, as a college educator, personal trainer, fitness coordinator, author, and business owner. As a professional speaker, she shares her experiences in a humorous and realistic way with delighted audiences across North America. Michelle knows her energy has fueled her business success! Today, through her products and presentations she motivates you to take small steps toward BIG changes, so you can *actually* GET TO the good things – even with a busy schedule!

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