

5 Most Popular Exercise Excuses Smashed

1) Can't afford it.

Exercising can be as expensive or cheap as you want it to be. I have given 5 options ranging from very expensive to absolutely free.

- i) 5 sessions a week with a top personal trainer and your home gym – If money really isn't an issue then simply take a spare room in your house and turn it into a home gym. Use your new personal trainer to help you with the design of your gym. With regards to your personal trainer, look for a good one. Make sure they have the experience, qualifications, reputation, referrals etc. Cost = Training – £240 - £400 / week. Gym - £1000+.
- ii) A personal training studio – This option involves attending a few weekly sessions with your personal trainer who should help you with every aspect of your health and fitness routine. This will include weekly 'homework' bouts of exercise. Cost = £60 - £100 / week
- iii) A gym membership – Here you have gym instructors to give you advice on how to use the equipment but also your diet. Be warned though, gym instructors are trained to a very basic level so be careful about who you choose. Cost = £5 -£25 / week.
- iv) A few useful pieces of equipment of your own – A skipping rope, boxing gloves and pads, barbell, dumbbells, pull up bar etc. These are fairly cheap pieces of equipment that can assist you in developing a well rounded program. Cost = The initial cost seems a lot but after that there is no cost so after some time of use the cost will be minimal.
- v) Simply you and the floor! There is nothing wrong with exercising using no equipment. Actually some personal trainers conduct a large majority of their session using no equipment. Examples are press ups, squats, lunges, reverse lunges, burpees, russian twist, spider mans etc. Cost = £0.

You will see that the less you spend, the more you have to know about exercising so that you can write your own programs as there is no one to tell you what to do.

2) Haven't got enough time

The majority of people really cant use this excuse as they spend hours watching television every day. For the people who don't watch television and really can't see where they are going to fit time into their day to exercise, try planning out your day with detail of what you do every hour. You can have a good session in 30 minutes If you really cant fit in one block of 30 minutes exercise try breaking it up into two 15 minute sessions. Would getting up a bit earlier enable you to fit in some extra exercise?

3) Not seeing results

If you are not seeing results you need to ask yourself if your doing the right thing. Are you following the elimination diet? Are you exercising every day? Are you getting enough sleep? Remember the results you get are a direct reflection of what you put into it. If you think you are doing all the above then visit a personal trainer and find out what your doing wrong.

4) Don't know where to start

The first thing to do here is just start! Choose one of the cost categorised options above and get going with it. There is plenty of great information out there in books, web and videos that you can start with.

5) Don't enjoy it

You need to find a form of exercise that you enjoy. This could mean starting a sport, personal training, training with a friend, if you enjoy the out side then go hiking or mountain biking etc. You need to try something before you know if you enjoy it or not.