

Excuses, Excuses!

Blake Butler, PT
Physical Therapist
St. Francis Physical Therapy

- ✓ I'm too tired.
- ✓ I don't have any time.
- ✓ I'm too busy.
- ✓ I get enough exercise: at work, cleaning the house, taking care of my kids.

These are all very common excuses that we all use to get out of exercising. With spring just around the corner and the snow just about gone, this is the perfect time to renew our broken New Year's resolution to start exercising and finally work off that holiday weight. As the weather turns nicer and the daylight hours grow longer there should be more opportunity and motivation to exercise.

By exercise I don't mean housework, yard work, or walking the dog around the block so that he can do his business. These activities do require physical activity and may even be physically tiring, but they are not a substitute to actual physical exercise that is designed to strengthen/tone your body or challenge your cardiovascular system. All of us should be able to find at least 20-30 minutes 4-5 times a week to perform legitimate exercise. The best way to do this, and be faithful with it, is to exercise at a specified time each day and make it routine.

Examples of strengthening/toning exercises: free weights, exercise equipment (Bowflex, weight machines, Total Gym), Yoga, Pilates.

Examples of cardiovascular exercise: biking, walking/jogging, NordicTrak, stair stepper.

Examples of combined total body strengthening/toning exercises with cardiovascular benefit: TaeBo, swimming, circuit weight training, step aerobics.

If you have questions about how to start exercising you should consult a physical therapist, athletic trainer, or personal fitness trainer. Additionally, if you have any significant health concerns (heart problems, osteoporosis, asthma.) you should consult your physician before starting on an exercise program.