

Physical activity tips (2) - reject excuses

Most people can come up with plenty of reasons why they can't be active – from being too busy, too tired or too old to not having the ability, the money or the support. Most of these barriers can be overcome. Don't let them get in the way of a happier, healthier you.

Six tips to overcome the barriers

Here are some tips to help you identify the barriers and get over them:

- **I don't have time** – take every chance to be active. Medical experts recommend at least 30 minutes of moderate, physical activity on most days of the week. Begin with three blocks of 10 minutes each day.
- **I'm too tired** – choose a time when you're not likely to be tired and remember that being active gives you more energy, so you'll feel less tired.
- **I have a health problem** – activity helps most health problems. Ask your doctor what's best for you.
- **I can't afford it** – moving is free. Try walking, cycling or exercising at home.
- **I have no one to do it with** – grab a friend or join a club or class.
- **I'm too old** – age is just a number ... there's always something you can do. Speak to your doctor about a physical activity plan that suits you.

Think of the benefits, not the barriers

The barriers we put up are often just excuses. On a scale of 1–10, decide how important a healthy lifestyle is to you and those around you. Draw up a table and list the positives and the negatives for becoming active. You will see that the positives far outweigh the negatives. Focus on the health, personal and social benefits. Instead of thinking 'I'm too tired', think 'I'll feel great once I've been for a walk!' Consider all the other aspects of your life that will benefit as a result of becoming more active.

Remember the benefits – better physical and mental health, more energy, time with friends or family and, of course, fun! What's your excuse now?

Where to get help

- Your doctor
- Your local community health centre
- 'Go for your life' Infoline service Tel. 1300 73 98 99

Things to remember

- Most of our excuses for not being physically active can be easily overcome.
- Be positive and creative about physical activity.
- Being active and healthy should be a priority – focus on the benefits.

This page has been produced in consultation with, and approved by:

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