

## Overcoming Barriers to Exercise: No More Excuses

**You know you should be more active, but there are so many things that seem to get in the way. It's time for some positive thinking. No more excuses! Here are some tips to help you overcome those barriers and improve your health.**

### Finding time to exercise

Try exercising first thing in the morning before your day gets too busy. Combine physical activity with a task that's already part of your day, such as walking the dog or doing household chores. If you don't have 30 minutes to be active, look for three 10-minute periods.

### Sticking with your exercise plan

Make exercise interesting and enjoyable. Do things you enjoy, but pick up the pace. Try new activities to keep your interest alive. If you can stick with it for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit.

### Exercising without spending money

All you need for brisk walking is a pair of comfortable, non-skid shoes. For strength training, you can make your own weights using soup cans or water bottles. Check with your local parks and recreation department or senior center about free or low-cost exercise programs in your area.

### Increasing your energy

Regular, moderate physical activity can help reduce fatigue and even help you manage stress. Once you become active, you're likely to have more energy than before. As you do more, you also may notice that you can do things more easily, faster, and for longer than before.



### Quick Tip

Be sure to choose exercises from each of the four types: endurance, strength, balance, and flexibility.

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise DVD.
- Share your exercise story.



**National Institute on Aging**

National Institutes of Health

U.S. Department of Health & Human Services

Go4Life is a registered trademark of the U.S. Department of Health and Human Services