

## Overcoming Exercise Barriers and the Benefits of Being Active

We have been relaying a great deal of information about exercise this year and the benefits of a healthier you. Well, if you are still not convinced that you can make the adjustment to your life, you are not the only one. Here is a list of barriers most people face on a daily basis.

1. **I don't have the time to exercise.** This is usually everyone's first thought, especially in today's fast paced life. But getting up a few minutes earlier to add in a 30 minute walk or parking at the back of the parking lot everyday can start you in the right direction.
2. **I'm too tired after working all day.** Try exercising in the morning or during your lunch instead. If this does not work, have everything ready so you can exercise before you get home and get into your nightly routine.
3. **I'm self-conscious about how I look, especially when I exercise.** Try starting at home with an exercise video or home equipment, or try walking in your neighborhood. As you become more active, you will also become more comfortable.
4. **I've tried to exercise in the past, and it didn't work for me.** Try to think about what didn't work the last time you tried and set more realistic goals. You don't have to start off running; walking has just as many benefits.
5. **I'm afraid I will hurt myself.** Remember, you should start any exercise program SLOWLY. And get advice from your doctor or a trainer if you need the extra support or have any serious conditions.
6. **Exercise is BORING!** We get bored with any activity that we have to do every day. So vary your routine or get a friend or family member to join you. And if you feel comfortable, join a class or club where you can exercise with others.

Most importantly, keep in mind the many benefits of being active.

1. Having more control over your weight.
2. Reducing your risk of many diseases, including cardiovascular disease, diabetes, and even some types of cancer.
3. Strengthening your body and bones to prevent arthritis or fractures when older.
4. Improving your mental health and general mood.
5. Living a longer, healthier life.
6. Having more energy.
7. Sleeping better.
8. Reducing and/or relieving stress.

Always remember that you are in control of your health. If you want to do it, you can. And you will reap the benefits now and for years to come.

If you're still not sure, sign up for our Independent Fitness Program at the Stone Oak location. Try it out for a month, and see where it takes you!

Information retrieved from:

American Diabetes Association - [www.diabetes.org](http://www.diabetes.org) The Mayo Clinic - [www.mayoclinic.com](http://www.mayoclinic.com) Centers for Disease Control and Prevention - [www.cdc.gov](http://www.cdc.gov)

Stone Oak Location

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

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