



### Lab A2-3 *What's Your Excuse for Not Exercising?*

Some of these statements apply to people who have not yet started to exercise, and some apply to people who started but quit. Circle the letter next to any statement that applies to you.

- (C) 1. I am afraid that exercise will make me look silly.
- (A) 2. I exercised for a while, then stopped when I went on vacation.
- (P) 3. I exercised, but it never felt easy or pleasant.
- (K) 4. I will exercise sometime—when I can get my outfit color-coordinated.
- (R) 5. I quit because I didn't seem to be improving.
- (S) 6. People often laughed at me when I expressed enthusiasm for exercise.
- (P) 7. Exercise hurt: My muscles were always sore.
- (W) 8. I exercised only because my spouse/physician wanted me to.
- (T) 9. I don't have time.
- (M) 10. I think exercise will increase my appetite, and I will put on weight.
- (P) 11. I get very tired and/or short of breath when I exercise.
- (R) 12. I felt I would never be as thin (or agile) as the others in the class/group.
- (W) 13. I simply disliked every type of exercise I tried.
- (M) 14. I am afraid I might have a heart attack.
- (T) 15. I will exercise when I move closer to my work/when the kids grow up/when I get a different job.
- (S) 16. I don't like to exercise alone.
- (K) 17. I can't decide which exercise to try.
- (A) 18. I used to exercise but stopped when I got sick.
- (M) 19. (For women) I am afraid of developing large muscles.
- (S) 20. I didn't like the people in the class/group.
- (C) 21. I think exercise is a fad, and people will laugh at me for being fashionable.
- (T) 22. I would exercise if the day were an hour longer.
- (R) 23. I quit because I never achieved my goals.
- (P) 24. I tried exercising and was sore for a week.
- (A) 25. I was just getting started when some relatives came to stay or the weather turned bad or something.

Add up the number of times you circled each letter, and write the totals here:

T: \_\_\_\_\_ W: \_\_\_\_\_ R: \_\_\_\_\_ S: \_\_\_\_\_ P: \_\_\_\_\_ K: \_\_\_\_\_ M: \_\_\_\_\_ A: \_\_\_\_\_ C: \_\_\_\_\_

If you scored points in any category, read the appropriate section on the next page.

(over)

## **LAB A2-3** (continued)

### T: Time Management

If you have trouble finding time for exercise, you are not alone. Try getting up earlier in the morning for a walk, doubling up on your activities (read the paper or watch TV while you ride your exercise cycle), or hiring a gardener or babysitter to free up time. Make a commitment to exercise, and find the time.

### A: You Accidentally Quit

If your exercise program gets thrown off by illness, travel, or houseguests, make a commitment to get back on track as soon as your routine returns to normal. Most travel destinations will have exercise opportunities; if nothing else, walk up and down hotel corridors and stairs.

### M: Myths

Exercise need not provoke heart attacks, increase weight, or make women look masculine. For solid information about exercise, refer to your textbook.

### S: Social Support

Find a group of people you enjoy exercising with and arrange your schedule to include them. Social support will make your exercise program more enjoyable and easier to stick with.

### R: Realistic Expectations

You may be expecting either too much or too little of yourself, and it is interfering with the reality of what you can actually do. Most people can improve steadily in both strength and stamina if they begin gradually and stick to their program consistently. However, few people can run marathons in their second week, and some should never think of running marathons at all. Set realistic goals for yourself and your program.

### W: Something's Seriously Wrong

You should exercise for yourself, not for others. Make fitness fun by finding activities you enjoy. Try "play" activities such as in-line skating, surfing, skiing, dancing, or basketball. Try walking while listening to books on tape or music. Activities such as housework, yardwork, and cleaning the car can also be part of your fitness program if they raise your heart rate.

### K: Who Are You Trying to Kid?

Your commitment is wobbly at best. Review the benefits of exercise, and find yourself someone to buddy up with in order to start an exercise program.

### P: Physical Problems

If you experienced chest pains or extreme shortness of breath, talk with your physician. Otherwise, start with low-intensity exercise, and increase the intensity of your program very gradually. Expect some minor muscle aches and tiredness, but don't exercise so vigorously that you feel terrible for days. Warm up, cool down, and do plenty of stretching exercises.

### C: You Feel Conspicuous

Try exercising at home or joining a health club or class with people who are in the same shape you are. Take up walking and bring your dog along.