

## Why Exercise Programs Fail – We Have Your Huckleberry

In United States we are so out of shape it has truly reached epidemic proportions. Two out of every three people in the U.S. are overweight and 33% are considered clinically obese per the United States Centers of Disease Control and Prevention. We do not exercise in America. The fact of the matter is if we would just exercise for 1 hour a day it would greatly improve those very scary statistics. The American College of Sports Medicine estimates that less than 50 percent of Americans get the needed exercise necessary to stay healthy. The other fact is that most people that start an exercise program give up within the first 180 days. There are several reasons that exercise programs fail and they are motivation or lack of it, no support, exercise is not fun or its boring, not time and lastly people getting injured. This does not mean that all exercise programs are destined to fail. It just means knowing this means you have to do something about your own personal exercise program that keeps you motivated where you stick with it. Its work to stick with an exercise program with the end and on-going outcome of getting healthy, but it's not that complicated.

- No Motivation to Stick With It – Defining your reason for your exercise program and writing it down can go a long way to staying motivated. If you want to get off blood pressure medicine, look great for an upcoming wedding or reduce your risk for heart attack or stroke writing down those reasons and posting them on your bathroom mirror or somewhere visible will help you stay motivated by giving you an in-your-face motivator/reminder on why you are exercising.
- No Support – It is easy to let a exercise program fall by the way side if you do not have the support of co-workers, family or friends. To make this a non-issue workout with others. It is far easier to skip a workout if you are working out on your own.
- Exercise is BORING – Vary your exercise to keep from getting bored. This means changing what you are doing from one day to the next and from week to week. Make sure you select workouts that you find fun. Anything you do exercise wise that keeps you coming back that you find enjoyable is what you should do. Find fun things to do so you keep it fun and not boring.
- No Time – OMG we are all so busy. However we are not so busy that we couldn't have a heart attack or stroke because we have high blood pressure. No one is going to say, "Gee he's dead and that's too bad. But he sure did get that report done on time last week." Let's face it all you need is 30 minutes a day 5 or 6 days a week to get the health benefits you need from exercise. You do not necessarily need a formal program (that would be better ideally) to get active. Something as simple as taking a brisk walk for 30 minutes daily or riding your bike to work every day would do the trick. It could be as simple as doing household chores weekly with some vigor that would turn your fitness ship around in the right direction.
- Getting Injured – Let's face facts getting hurt while exercising stinks. Getting injured is the number one reason people stop and exercise program. When you get injured it hurts and when you are hurting from that injury caused by exercise your motivation to keep exercising quite often goes out the window. The best way to avoid getting injured is to over-do-it which means you'll avoid getting injured. The other way to avoid injury is to start with a simple exercise program then expand it as you get in better shape. Doing too much too soon is the death knell of millions of exercise programs around the United States.

Feel free to print this page and go through each reason why you may stop exercising. From there devise ways that fit your life for each reason listed above that will help you stay motivated where you stick with your new exercise program in 2012. Get healthy, stay healthy, and stay motivated is what is all about.