



## Excuses, Excuses by Lindsay Kehl

The top reasons that we fail miserably to meet our fitness goals is the 'broken record' of 'overused and abused' excuses; you all know what I'm talking about! (For those of you who don't, you are either in denial or perfect. In those cases you probably want to stop reading right now; this doesn't pertain to you.) Anyway, congratulations to everyone else! You've completed the first step by admitting you are an Excuse-aholic.

### EXCUSE-AHOLIC

"I'm broke! I can't afford the gym!"

### ALTER-EGO

The reality is you can't afford not to go to the gym. If you start hitting the gym, the chances lessen that you will be at home snacking \$ or renting a movie \$ or beating yourself up about not going (which might lead to hours in the psychiatrist's couch \$)." Also, keep in mind, many insurances are offering free or discounted memberships to certain health clubs if you qualify.

### EXCUSE-AHOLIC

"I'm fat and out of shape, I don't want anyone to see me!"

### ALTER-EGO

Who cares what people think, everyone has fat that they want to lose. Go now, or people may see you even fatter wearing nothing but a gown on a hospital bed. Remember that everyone in the gym had to start from somewhere; most didn't just wake

up with the strength and endurance to hike the Rockies and a body that would make it as America's Next Top Model.

### EXCUSE-AHOLIC

"I will start tomorrow."

### ALTER-EGO

Sure, we all know that is a joke! Put off till tomorrow and all you have left are a lot of wasted yesterdays. Start today, even if it's a five minute jog, a few sit ups, or a walk with the dog, ANYTHING! If you stop putting it off it will come much easier when tomorrow rolls around.

### EXCUSE-AHOLIC

"I have no time."

### ALTER-EGO

This is the biggest excuse of all, this is your time, pay yourself first. Don't let anyone or anything take that away from you. Either get up a little early or cut out some of the time in front of the tube. If having kids is part of the excuse, make them exercise with you! Exercising is not meant to be an all day affair; even 20 minutes a day will get you closer to your goals.

Next, it's important to know that you aren't alone (please don't add this to your bank of excuses; that will defeat the purpose). It's human nature to rationalize with ones' self to get out of doing something that

appears less than appealing. In this case, exercise. In the end, minutes or hours of useless arguing with yourself usually ends up hurting only you and your figure, go figure.

Moving on, it's time to confront those lame brained excuses and move on with your life! Here is a list of some of the top excuses followed by the opposing arguments to prepare you for your next battle against, well you.

I am sure even you have probably used one (if not all) of these excuses at some point in time. Now is the time to QUIT being an Excuse-aholic and get on with your life! Try and let your Alter ego win for a change! The more you do the easier it will be to destroy the Excuse-aholic in you!

### COMMIT TO YOURSELF!

*Lindsay Kehl has been with Performance Food Centers, Corp. since 1999. She graduated with a Bachelors Degree in American Studies and is pursuing a career in writing on topics specifically related to women's health. She can be contacted at 888-732-9151 or lkehl@performancefoodcenters.com. (Sources available upon request)*