

[IMAGE]

## 3 Excuses for Not Exercising

By Editorial Staff

clock - Copyright © Stock Photo / Register Mark **No Time**

The number-one excuse people use for not exercising is lack of time. While our hectic lives certainly complicate matters, the reality is that if you want to make it work, you'll make it work. For the most part, people who make it to the gym regularly aren't doing it because they've got "free time"; they've made a commitment to their health and are doing something about it.

question mark - Copyright © Stock Photo / Register Mark **No Experience**

OK, you've never really worked out before, so you don't know where to start - what exercises should I do, how much weight should I lift, what if I don't know how to use the treadmill? All legitimate concerns, but remember: You've got to start somewhere. Do some research, get a few lessons from a trainer, or recruit a knowledgeable friend, and in no time you'll be the expert.

### No Results

scale - Copyright © Stock Photo / Register Mark You're working out, feeling good, seeing the pounds drop and the fat melt away; and then it all seems to come to a screeching halt. The scale doesn't move any more and somehow, the mirror reflects the same image day after day, no matter how much you exercise. Instead of quitting, mix up your workout routine and shock your body back into the fat-burning, muscle-toning groove.

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