



## Common exercise roadblocks & solutions

Making lifestyle change takes effort. It takes planning, organisation and sometimes it feels like the planets need to align before it actually comes together! Or do they? Here are some of the most common roadblocks people come across and how to turn them simply into little hurdles on your way to success!

### Time

This is the most common roadblock we hear. Unfortunately we can't make more time in our day but what we can do is be more effective in our use of time. If you can't fit in a whole workout then do what you can – but keep up the habit. Build your exercise into your day and into your life – walk to work or part of the way, walk for your coffee and lunch, walk around the office.

Many people simply get up earlier to fit their exercise in. Look at Ralph Norris and Dr Fiona Wood. If they aren't busy – I don't know who is, but they make time for exercise as it is a priority for them. Look for ways you can build exercise into your life and make it a priority. That may mean that your house doesn't look like it could be in House & Garden magazine and there might still be washing to do, the bins to put out! It's about priorities.

### Solution:

- Find the time that suits you best to exercise and that you can schedule in. This may take some practice and can change over the course of your life!
- Set your training time in your diary as a meeting or appointment so you don't miss it
- Enlist help of friends or a trainer or a class time table if that helps you stick to the time slot – creating tension in your environment.

- If the timeslot is constantly changing, be flexible with different options and pack accordingly!
- Take your work with you – by podcast or a walking meeting

### Too tired and exercising makes me tired

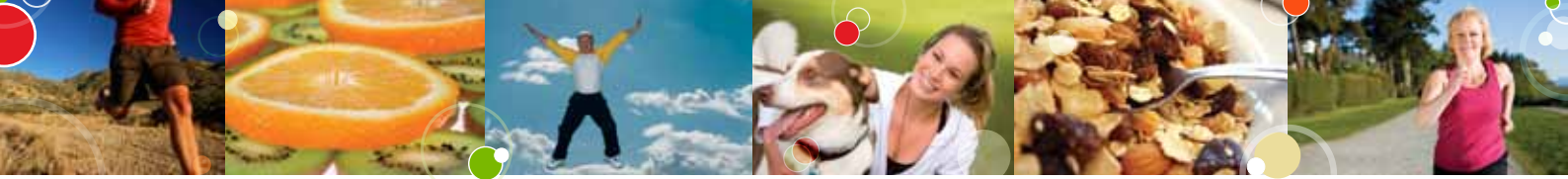
Being tired is an awful feeling especially if it is all the time! People often think that as exercise takes energy that they don't have enough to give and they will end up feeling more tired than when they started. In fact the opposite is true. Adding exercise in gradually will improve your energy levels as you become fitter. The key is not going out and running a marathon! Start small and build up.

Fatigue from exercise is different to fatigue from everyday living. It is far more satisfying and promotes improved sleep, provides a chance for your brain to rest from thinking about all the things you have to do and focus on the task at hand. For many it is alone time, or time to be with friends.

### Solution:

- Start with low intensity exercise. This will allow you to build your exercise tolerance so you don't feel too wiped out
- Start by building frequency – how often you exercise rather than how long
- Increase your duration once you can exercise two or three times per week
- Finally increase the intensity – how hard you work once you can exercise regularly for 20-30 minutes.

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### Too expensive

While we are in a Global Financial Crisis, cost is a large factor for many people.

#### Solution:

It is possible to complete a regular exercise program that has minimal expense. Walking outside costs no more than good walking shoes and comfortable clothes. Resistance training can be as simple as using your own body weight to start with and progress to resistive cords and dumbbells if attending a gym is not within your budget. You can hire equipment before you buy, or attend group training sessions to keep the costs down.

Remember that while less expensive options as listed above do work – you need to decide if they work for you. Some people simply need to have others around or have to go somewhere to stick to the plan.

These ideas really only save you money if you are the kind of person that will do home-based exercise.

### Family commitments

There is no denying it – family comes first. But I guess it is how you look at it. You can give your family all of your time now, but your health will suffer and that may ultimately affect how long you have with them. Our motto is “Any day a family is without one of it’s members due to metabolic disease is one day too many”.

#### Solution:

- Family and exercise are not mutually exclusive! Incorporate your exercise and good nutrition with spending time with your family that would be the ultimate
- Run around at the park or have your family meet you at the end of your exercise session
- Encourage them to participate with you on a regular day so that it is a family time together rather than time away from your family.

### We have kids

Kids are fabulous but do tend to take up a lot of time! They are also unpredictable – getting sick or needing more attention at times, making sticking to plans a real challenge.

#### Solution:

Kids and exercise are not mutually exclusive! In fact, if children see that you value and are a regular exerciser – they will simply see it as the way life is.

If they are young many centers will have child care facilities available, or you can simply take them in the pram waling to the local shops or to the park where both you and they can run around.

If they are older, try to utilise time during the day either at lunchtime or straight after work to exercise. If they have classes to go to can you possibly do your own exercise at the same time? Sharing the exercise with both parents means that one can do their workout while the other minds the kids and then swap half way. This is particularly good in swimming lessons or training sessions.

It is valuable and important to be a good role model to them and show them that being active and eating well is an important part of life.

### Work

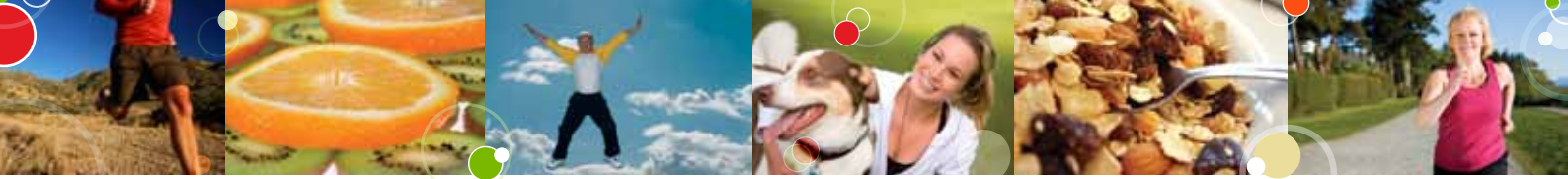
A necessary part of everyone’s life and for many of us – a really enjoyable part. If you love your work – they let’s make sure you are fit enough to do it for as long as you want to. If work is what you do to have money, then let’s make sure that when you do retire you are healthy enough to enjoy it!

Work often brings stress and this can have a huge impact on your health. Your efficiency at work will be better not to mention your performance with greater energy levels, clearer thinking and a positive attitude. The research on exercise and it’s mood elevating benefits is overwhelming.

#### Solution:

- Try a sport or game at lunchtime with work
- A walk with colleagues or a gym session at lunchtime or before work

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- A walking meeting is another good idea
- Getting to work early to avoid the traffic and walk before you start
- Using the stairs rather than the lifts if you can
- Walk while listening to relevant podcasts or on a conference call.

### Travel

Travelling presents us all with challenges so much so we had to write a whole section on it.

### I have an injury and am in pain

Injuries are frustrating, painful, interfere with our everyday life and can be upsetting, especially if they carry on for a long time. As a result, people are often worried about causing more damage and making the injury worse, so they avoid exercising.

What people may not be aware of is that exercise is often used in rehabilitation of injuries. Starting at the right point is essential here so finding a good Allied Health Professional.

#### Solution:

- Work on it! Find a good therapist to help you to rehabilitate the injury. This may mean seeing a few until you find one that is effective and you are comfortable with
- Work around it! Develop an activity plan that doesn't aggravate your injury. You may have a bad knee, but the rest of you still works!! Use the parts of you that you can!
- Don't give up! Often injuries can be resolved or managed. Think of people who have significant mobility issues or injuries – they still get around and in some cases they do more than the average person. It's not really a roadblock, more like bump or pot hole in the road.

### Every time I start exercising I get an injury

Now this is hard one. Often people in this situation have every reason to think that exercise isn't good for them. However often people in this circumstances need greater guidance when commencing exercising.

#### Solution:

You really have to know your body limitation. If you can only walk for 30 minutes, then don't walk for 2 hours up front. If you know you can only take 5kg dumbbells, don't ever try 15kg. If your wrists are hurt after bench pressing, you properly need to hold the bar correctly. Focus on right technique with light weight. Make small progress. Be patient.

If you have injury caused by accidents, consult a physiotherapist or accredited exercise physiologist so that they can come out with a program that will not worsen your injury.

### It doesn't work

Now this is really amazing! We have all seen people we know lose weight through improved nutrition and activity and every bit of scientific research backs this up.

#### Solution:

Perhaps it's a matter of looking at how you are looking at it. Weight loss is not the only measure of success although that is how so many people think about it.

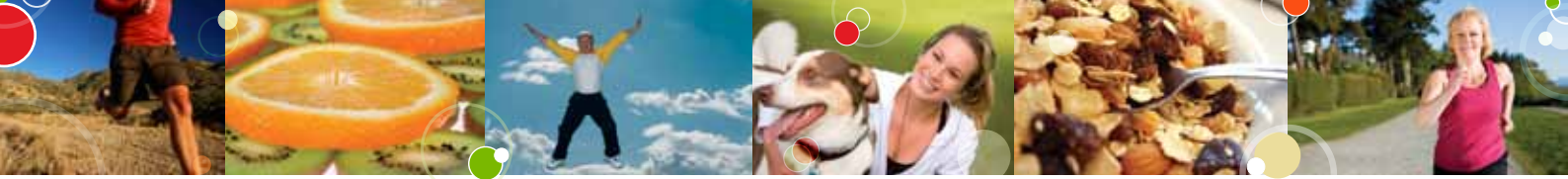
### Things keep on popping up

I was once told by one of my Veterans "No plan survives first contact with the enemy". Life can sometimes be a rollercoaster and things can be really changeable. And you can plan only so far in advance.

#### Solution:

Being flexible and having options is essential. If you are unable to attend an exercise class then try to get in a walk later in the day or complete an exercise routine at home once the kids are in bed

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### I hate exercise

Do you hate all exercise or just what you have done so far? There are millions of types of exercise the trick is finding what will work best for you. Often exercising with others makes you forget that you are actually exercising.

#### Solution:

- Often exercising with others makes you forget that you are actually exercising
- Look for activities that use Music – dancing in particular so that there is more focus on how it feels and the fun rather than how hard you are breathing.

### I'm in a wheelchair

Being in a wheelchair means that only parts of you don't work but there are usually parts that do. Looking at the Para Olympic athletes it seems that nothing can get in the way of someone who really wants to achieve. The statistics for people in Wheelchairs are frightening...

#### Solution:

- Find a therapist to help you design a home based exercise program and to locate appropriate equipment
- Find Gyms that have space around the equipment for you to get between

### I'm old

Well we are all getting older and it is better than the alternative. Older adults have the greatest potential for change. Their capacity to improve their fitness is just as good as a younger persons. And the greater the impact on their lives. Research on older adults has shown that resistance training, balance training and cardiovascular exercise can increase their health and quality of life. The Strong Clinic in Balmain NSW only takes people who are over 70 years of age and who have at least one Medical condition. You may not become a sports star but you'll get all the benefits from being active.

#### Solution:

- See your GP first and get checked out
- Find an Accredited Exercise Physiologist that can help you design a program for home or the gym
- Look for a gym that has older adult specific classes
- Consider joining an exercise or dance class in your local area.

### I'm young – I don't need to

With the current statistics on the health of Australia's youth – being young is not a guarantee that you are healthy.

Heart disease and risk of stroke and diabetes in increasing the younger population. In fact setting activity habits early in your life will help you to keep them throughout your life! Joining activities can actually increase the people you meet.

#### Solution:

- Pick an activity that has a social aspect so it's more about catching up with your friends than it is about how much exercise you do
- Enter a fun run, swim, triathlon with friends and train together
- Take the time to try all the unusual activities that often we wish we tried when we were young and still able to!

### I hate gyms/my gym is lousy

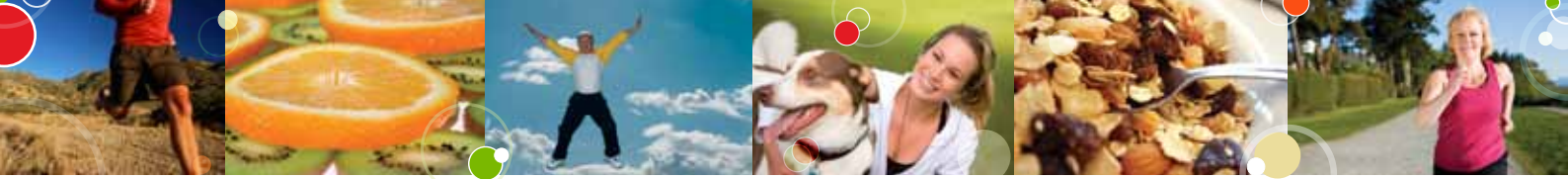
Gyms like anything can be brilliant or dreadful. It helps to know what services and facilities you value when choosing your gym.

If you hate gyms – be sure it is not just that you hate the gym you are currently at. But if you have tried many and the same problems occur then a change!

#### Solution:

- Get out of the contract and look for a new one
- Do resistance training at home or outdoors with a trainer
- Choose a class or group to attend instead

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### Mental illness is no barrier

Having a mental illness is no barrier to being physically active and is often a great outlet and improves mood. Depending on the situation there are a few options

#### Solution:

- Arrange to have a trainer
- If in a group, arrange to have a specified time for activity – a walk or a game.

### I hate exercising alone

Yes it can feel like torture or even banishment. Know what you don't like is the key to what you do. You can make new friends who are learning something new at the same time.

#### Solution:

- Look for activities done in a group – dancing classes, swimming lessons, tennis lessons in a group
- Consider a personal trainer or a group based training session.

### I'm a beginner and there is just too much information out there I don't know where to start

Overload!!! There are so many health messages out there it's craziness. But you don't have to make all that change at once. It's like saying you need to be able to complete year 12 a week after you enter Primary school. Rome wasn't built in a day.

#### Solution:

- Start by seeing an Accredited Exercise Physiologist who can help you plan what is the best starting point for you
- Begin – even if it feels small, starting has genius in it! Walking is the easiest and the way most people can do without much ado.
- Look for something you will enjoy
- Start by taking one piece of advice at a time.