

Exercise Excuses & Fitness Facts

**I can't exercise...
I have kids to take
care of!**

Include the kids in your routine! Walk with your children, play tag, bike ride together, have your kids join you in exercise videos. If you need a workout all to yourself, look into doing child care sharing with a friend! Trade off babysitting favors.

**I just don't like to
exercise.**

Don't think of it as exercise; think of it as play. Do things you enjoy. Activities like dancing, gardening, and chasing sticks with the dog make exercising fun rather than a chore.

**Getting enough
exercise costs too
much money.**

You do not need a lot of money to exercise. Walk with friends, borrow exercise videos from the library, jump rope in your backyard, dance in your living room, walk the dog, play tag with the kids...Your imagination can take you farther than money!

**I already exercise
enough, I don't need
to do anymore.**

The more exercise you get the better you'll feel. Try walking up a steeper hill or swimming another ten minutes.

**I'm too busy...
I don't have time to
exercise.**

All you need is 30 minutes of moderate physical activity 3 to 4 days of the week, and you don't need to do it all at once. Break it down into shorter periods—it's better than none. Doing yardwork or housework counts as exercise too.

**I'm not an athlete.
Running or cycling is
not for me.**

So walk the dog, play with your children, or play tennis. Any activity is better than none!

**Why should I exercise?
What's in it for me?**

Exercising can lead to a healthier body. You will look and feel better, keep weight under control, and strengthen and tone your muscles. Exercise also helps prevent premature death from heart disease, cancer, and diabetes.

I don't need to exercise if I'm on a diet.

Exercise helps your body burn calories faster than dieting alone. Walking 15 to 20 minutes most days of the week will help control your weight.

I'm too tired!

By working your heart and lungs, you're giving yourself an oxygen boost that will keep you energetic throughout the day. Try it! See how you feel afterwards.

I've got a bad knee, back, ankle...

There are ways to stay fit with most types of chronic pain. Check with your health provider and have him or her recommend an exercise routine that's safe for you.

The Surgeon General recommends 30 minutes of moderate physical activity most days of the week.

What exactly is a "moderate" amount of physical activity?

Playing volleyball 45 minutes	Dancing fast (social) 30 minutes
Gardening 30-45 minutes	Swimming laps 20 minutes
Wheeling self in wheelchair 30-45 minutes	Water aerobics 20 minutes
Walking at a 20 - minute per mile pace 35 minutes	Playing basketball 15-20 minutes
Bicycling 5 miles 30 minutes	Jumping rope 15 minutes
Raking leaves 30 minutes	Running at a 10 - minute per mile pace ... 15 minutes



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