

FIT FACTS FOR BUSY BODIES

Too Tired to Exercise

By Trish Schwartz

QUESTION:

I know I am suppose to exercise to get more healthy and fit, but by the end of my day, I am so tired, exercise sounds like torture! What can I do to overcome this dilemma?

ANSWER:

Ironically, you have to take on a fitness program to acquire the energy that you are lacking! The key to comfortably becoming more fit is to take on a very gentle, doable program at first. Then gradually add more time and frequency into your regimen, as you become more fit and energetic. Typically, it takes about four to six weeks to get over the “hump”, where you finally feel like you are past the struggle to get motivated and the difficulty getting through your workout. The key is to focus on the reasons you are doing this and understand and believe that it will get easier. If you do too much, you won’t enjoy it. So, start with something you know you can handle, like walking three times a week for 20 minutes. Then progress from there.

In addition to starting easy and gradually building up, you should find something that has an enjoyable mental diversion for you, such as listening to music or a storybook on your walkman stereo. Perhaps you could do something that benefits someone else besides yourself, such as walking your dog, walking with your spouse or other family member, walking with a friend, or just walking by yourself so you can clear out your head and work off some inner stress before you get back to the grind and hustle and bustle of your household or workplace.

Last, there are several other things you can do to increase your energy level to help you with your workout. You should make sure you drink plenty of fluids during the day so you are properly hydrated. Your energy will be much greater. In addition, eating lean, healthy foods will increase your energy level. Caffeine drinks, sugar snacks and greasy foods are the biggest culprits to lack of energy. Try supplementing a balanced diet with some vitamin and minerals.

Don’t make the mistake of thinking you need to invest a lot of time into your workout in order to get fit. If you did something aerobic, such as brisk walking, two times a week for 20 - 30 minutes and something to strengthen your muscles, such as weight training two times a week for 30 - 45 minutes, that is all you need to do. Weekend recreational activities are a good way to get in exercise. Hiking, biking, swimming, skiing are a fun way to get in your exercise.