



## How To Beat Those “Motivation Zappers” That Keep You From Working Out

(NAPSA)—If you're like most women who exercise, one of your biggest motivation zappers is finding time to work out. In fact, a *Self* magazine survey cited “lack of time” as the No. 1 reason women bow out of exercising.

How can you find more time to exercise? Consider lowering your goal. According to Meaghan Buchan, *Self*'s fitness director, too many women make exercise an all-or-nothing proposition. “Shoot for just 10 minutes of exercise rather than a whole hour if you're short on time,” she says. “The key is to do something, rather than nothing.”

Try these additional tips for sticking to a fitness routine:

- **Problem #1: You'd Prefer To Stay Home**—Fifty-nine percent of exercisephobes don't feel like leaving their homes to exercise.

- **Solution: Stay Home**—A study in *The Journal of the American Medical Association* found that people who used a home cardio machine lost weight. If a treadmill isn't your thing, try a DVD. Check the Web site [www.collagevideo.com](http://www.collagevideo.com) for its staff favorites. “10 Minute Solutions: Rapid Results Pilates” is one that needs no equipment and has received great reviews. Buchan calls it a good choice because “Pilates builds bone and muscle strength and has cardio and flexibility benefits, too.”

- **Problem #2: I Don't See Results**—Many women say the benefits of exercise take too long to see.

- **Solution: Mix It Up**—The best way to bust through an exercise plateau (and to start seeing



**Motivation is the key to getting fit.**

results) is to keep changing your cardio pace, says a study at Laval University in Quebec. Exercisers who alternate moderate- and high-intensity intervals burned nine times more fat than moderate-only groups. If you're strength training, try changing the number of reps and weight routinely for maximum results.

- **Problem #3: Exercising Is Too Expensive**—Many women feel the cost of the gym outweighs a gym's benefits.

- **Solution: Consider The Alternatives**—Gyms can be expensive, but a study in *Physician and Sports Medicine* found that not joining one could cost more. It showed that nonexercisers average at least \$330 more yearly in medical bills than do active people. Also, remember that many DVDs are under \$20 and a walk is always free.

For more information, visit [www.self.com](http://www.self.com).