

# FITNESS FACTS

## Stomp Out Those Excuses

(NAPSA)—If you're exercising more excuses than muscle, you're not alone. Millions of Americans understand the benefits of exercise, yet many of us spend more time making excuses than moving.

"Exercise is probably the closest thing we have to a magic pill for keeping our bodies and minds healthy," says Joe Moore, president and CEO of the International Health, Racquet & Sportsclub Association (IHRSA). "Exercise can make us feel good quickly. Even modest amounts can have health benefits. The important thing is getting started."

Here are some excuses that often hold us back.

### **"I just don't have time to exercise."**

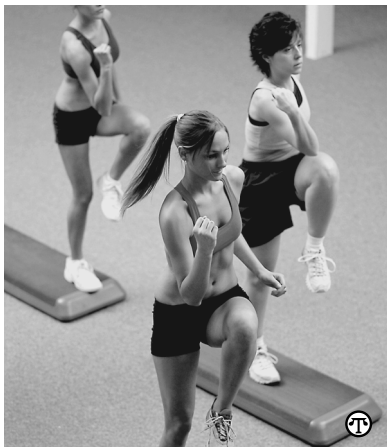
Sure, you do. Any physical activity is better than none. Just 15 to 30 minutes a day can have health benefits. Stretch and run in place during TV time. Start taking the stairs or park farther out.

### **"I'm too old to exercise."**

Says who? As long as your doctor gives you the green light, you can exercise at any age—and benefit from it. Exercise is about total health—including quality of life, energy level and mental outlook. Research shows that exercise is likely the best prescription for healthy aging, and many health clubs offer programs for seniors.

### **"I don't know how to get started."**

That's the hardest part for many of us, but it doesn't have to be. Start off slowly and work your way up. It's okay to start at 5 to 10 minutes a day. Do a little more as you can, aiming for 150 to 200



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minutes a week, and think about joining a local health club. Personal trainers and a staff of professionals are there to help. They can provide the knowledge and support many of us need.

### **Stomp Out Those Excuses!**

This May, health clubs across the country are standing ready to help stomp out the excuses by opening their doors for free for several days as part of the Get Active America! program. You'll have access to equipment, classes, personal trainers and a highly supportive environment.

So stomp out the excuses and make the move for prevention!

For more information, visit [www.GetActiveAmerica.com](http://www.GetActiveAmerica.com). For a listing of health clubs with programs for seniors, families, and people with special health concerns, contact IHRSA at [healthpromotions@ihrsa.org](mailto:healthpromotions@ihrsa.org).