

Overcome Your Exercise Excuses



"I'm too tired!" It may sound counterintuitive, but working out actually gives you more energy. Once you get moving, your fatigue will likely disappear. You're getting the endorphins (feel-good hormones in your body) to release and you're getting the circulation going – as opposed to going home and crashing on the couch.

It may help to work out in the morning, before you get wiped out by a demanding workday. But if you're just not a morning person, don't worry, exercise whenever you feel best.

"I don't have time." How much television do you watch? During your shows, use resistance bands, walk in place, or focus on strength training.

If it's work that's sapping all your spare time, try exercising on the job. Go for a short walk on your 15 minute breaks or on part of your lunch break. You will start to feel more energized throughout the day. Your exercise doesn't have to be a formal workout either. Try making small lifestyle changes that help you move more: take the stairs instead of the escalator, don't drive when you can walk, and get a pedometer and try to increase the number of steps you take throughout the day.

People who exercise regularly "make it a habit." They haven't bought any more time during the day than anyone else. What they have done is prioritize it. They find time for things they value.

"Exercise is boring." Exercise should be enjoyable. You should want to exercise and feel good about it before you do it and while you're doing it. Find an activity you love. Think outside the box: try inline skating, dancing, join a sports league, or try an exercise class. If it makes exercise more enjoyable for you, it's okay to watch TV or read while you're on the bike or treadmill – just don't forget to pedal or walk/run.

Every once in a while, try something totally new. Mix it up so you don't get bored.

"I always end up quitting." Set small, attainable goals. Then you're more likely to feel like a success, not a failure. If you exercise for five minutes a day for a week, you'll feel good -- and more likely to want to try 10 minutes a day the next week.



It also helps to keep a log and post it somewhere public -- even on Facebook. Consider it your "wall of encouragement." Your friends and family can help keep you motivated.

Having an exercise buddy keeps you accountable as well. When you back out of a scheduled workout, you're letting down your buddy as well as yourself. You can hold one another accountable.

Look toward the future. It's harder to start exercising than to stick with it once you've got your momentum going. After a few weeks, you will probably start feeling really good!

Source: www.webmd.com

New at InCharge Fitness

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We are happy to announce that we will be offering small group fitness classes at InCharge Fitness starting this fall. We plan on starting the classes the week of September 10th. Classes will be free to InCharge members and \$5.00 per class for non-members. Stay posted...more details coming soon!

Best and Worst Cookout Foods

Summer is filled with outdoor parties and cookouts with friends and family. If you're trying to eat healthier, it can seem hard to find good choices at the picnic table. But you don't have to hide out just to resist temptation. Whether you're the host or guest, you can enjoy the best of the barbecue season without padding your waistline. Use this guide to choose food that's light, healthy and refreshing at any backyard barbeque.

Burgers 'n Dogs

Hamburgers and hot dogs are a big part of summer eating but they don't have to be a diet disaster. Start with a 100% whole wheat bun instead of white for a healthy dose of fiber and watch the fat content of the meat. The average beef and pork hot dog contains about 180 calories and 17 grams of fat before you add a bun and toppings. Turkey dogs are tasty and won't sabotage your diet—you can have two of them for less than 100 calories. If you're going for a burger, stay away from the high-fat toppings like cheese, mayo and bacon. Choose cheese slices made with skim milk to reduce the fat content and load your burger with mustard and fresh veggies instead.



Chips, Salads & Sides

If potato salad is your downfall, make your recipe healthier by leaving the skins on the potatoes (for more fiber and nutrients) and choose nonfat Greek-style yogurt instead of mayo. Make creamy coleslaw more waist-friendly by reducing the fat in the dressing by swapping plain low-fat yogurt for half the mayo. Baked beans are usually a good choice, but opt for vegetarian varieties that aren't made with bacon, if possible. If you want to avoid the creamy salad temptations completely, fill your plate with fresh grilled vegetables. Spray chunks of red peppers, yellow squash, zucchini and eggplant with canola oil spray and grill them on the barbecue. Add freshly ground pepper and a dash of balsamic vinegar for extra punch.

Natural Food Challenge

We challenge you to pick one day each week over the next month to eat all natural foods. Choose fresh fruits, veggies, nuts, lean proteins, whole grains, water, etc. Stay away from juice, pop, pre-packaged and processed foods.



This challenge may be easy for some people and a challenge for others. If you think this is going to be a challenge we encourage you to try it. It will help you establish new food choices that are excellent for your body. Plus, it is always exciting to defeat a challenge. **Good luck!**

When it comes to dips, look for vegetable and fruit-based choices like guacamole (made from avocado fruit) and salsa (made from tomatoes and veggies). These pack healthy nutrients that creamy dips often don't.

Pies & Desserts

Berries make fresh, nutritious choices for summer and spring, but the way they're prepared can often add way more sugar than these naturally-sweet fruits need. Go for fresh fruit (like watermelon slices or fruit salad) as a healthy guilt-free dessert. Can't resist that cake or pie? Pile on the fresh berries and fruit and try just a taste of the cake, whipped cream or other dessert.

Source: www.sparkpeople.com