

WELCOME TO THE  
**City of Solutions**  
POP. YOU

**City of Excuses**

**I'm too tired.**

**I don't have enough time.**

**I don't have enough money.**

**The weather is making it hard to walk outdoors.**

**I'm injured.**

**We all have challenges, but do you seem to have an excuse for not being as physically active as you could?**

Take a look at some ideas on how to get past the City of Excuses and to the City of Solutions.



**City of Excuses**

Know your "why." Remind yourself every day why you want to get active. Ask family and friends to remind you too. Plan ahead. Make physical activity a regular part of your schedule. Put it on your calendar.



**I'm too tired.**

Break your 150 minutes into 10-minute chunks.



**I don't have enough time.**

Work out while you get things done. Move briskly while you sweep the floor, mow the lawn, or walk your dog.



**I don't have enough money.**

Download free exercise apps. Take the stairs instead of the elevator or escalator.



**The weather is making it hard to walk outdoors.**

Turn on the music and dance. March in place.



**I'm injured.**

Ask your health care provider how to treat the injury. For instance, you may need to rest and ice the area. Use splints and supports as needed.

<https://www.cdc.gov/diabetes/php/toolkits/road-to-health.html>