

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>