

The Unlimited Power Of The Human Mind and Body

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Having worked in the fitness industry for over 20 years, I've probably heard almost all the excuses and justifications for why someone can or cannot exercise consistently or maintain a healthy weight and lifestyle. Here's my Top Ten List:

- I was going to but then _____ came up!
- I was just too tired to get up so I figure my body needed the sleep.
- I am not coordinated enough to take _____ class.
- I've had such a rough day I just needed to go home and have a beer/a glass of wine.
- I was being so good but nothing is showing up on the scale so what's the point?
- I'm an emotional eater so there's nothing I can do about it.
- I'm REALLY going to start eating better and working out more next week!
- My body just doesn't move that way!
- I just have too much going on right now. I'll get back to it once things calm down.
- I didn't grow up as an athlete so it's probably too late for me to start.

I can probably go on and on but you get the idea. I'm sure you and I have used some of these lines at one point or another. The bottom line is we can spend all our lives coming up with reasons why we can't or we can think of people who have faced far more obstacles than we have and still live to maximize their physical and mental capabilities. These people have accomplished far more than we can ever imagine if we were put into their shoes. Nick Vujicic is a perfect example. Take 10 + minutes out of your day to watch his inspirational story and think of him next time when you are

about to get busy with justifying why you can't get motivated to hit the gym or the trails. Enjoy!