

SELF

Our Top 5 Excuses For Not Working Out, Debunked!

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I posted by [Nora Zelevansky](#)

Hi. My name is Nora Zelevansky and I'm a "reluctant" exerciser.

And, yes, that's a euphemism.

I barely know my left from my right, huff and puff before a mile is up, choose mozzarella sticks over balance balls, and, if you haven't noticed, occasionally I self judge.

Lest you worry that I blame myself though, let me make it clear that this is all my mother's fault. (*Happy day-after-Mother's Day, Mom!*)



Mike D. training me; Photo by Brian Putnam.

At the time of this post, the woman estimates having purchased about three years worth of unused memberships to gyms and yoga studios and found truly sustained workout momentum exactly once in her entire life (think [Jane Fonda](#) audio tape era), yet she remains slender with healthy cholesterol despite eating mostly what she pleases.

With that sort of example, what *other* workout type could I be?

Thus, in honor of the woman who gave me both life and a total lack of exercise drive, I'm embarking on this fitness blog journey as an "every woman," addressing the difficulties of motivating to get in shape with (sometimes ugly) honesty.

Through winded breath, I'll share what's new, what works, how to turn everyday activities into calorie burners, what you can do at home or while traveling and, most importantly, how to reward yourself (everyone needs a "sports" massage every now and then, right?).

So without further ado, let's start at the beginning: [Mike Donovanik](#) (the only personal trainer who has ever successfully coerced me into following a regimen) shares the top five [excuses](#) he hears - probably from me - for skipping a workout and why they just won't fly:

1. I'm too tired/stressed.

Mike says: "Strength training acts as a stress reliever. And performing at least 30-minutes of cardio will leave you with a euphoric feeling, increasing energy levels once you get going! You just need to show up and start moving! (A great overall exercise to get rid of stress and increase energy is [boxing](#)!)"

2. I'm too sore from my last workout.

Mike says: "Avoiding exercise when you're sore is the worst thing you can do! The lactic acid, which causes muscle soreness, stays in the muscle and slows recovery time. Doing cardio or light to moderate strength training, will actually help alleviate muscle soreness by getting blood pumping."

3. I have cramps. (What is this, eight grade gym class?)

Mike says: "Exercise actually helps relieve menstrual cramps. The working muscles help relax muscles by redirecting blood flow, plus endorphins released from exercise will make you feel better! A great [yoga pose](#) to help alleviate menstrual cramps is 'Child's Pose.'"

4. I have a hangover.

Mike says: "A light to moderate walk or jog - with lots of water - will help speed up the metabolic processes that rid the body of toxins; in this case - alcohol."

5. I don't have the time.

Mike says: "We're all strapped for time, but four 10-minute bursts of exercise, done throughout the day, will yield the same results as 40 minutes of steady-state cardio. Try this 5-exercise, total body, 10-minute routine, that can be done anywhere without equipment:

- Push-up to T-Raise
- Squat Jumps
- Tricep Dips
- Reverse Lunges to Twist
- Bicycle Crunches

Perform as many reps as you can of each move for 1-minute, then immediately move on to the next exercise. Do the entire [circuit](#) twice, for a total of ten minutes. Repeat 3-4 times per day."

On behalf of me and my mother, I say: Well, *excuuuse* me.