

# *The* Every Excuse in the Book *Book*

How to Benefit from Exercising, by Overcoming Your Excuses

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BEANFIT®



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**I'm too tired.**



Exercise anyway. You probably will feel less tired afterwards. If you have been a sedentary person, exercise will probably make you more tired at first, but this will pass after a couple of months of consistently exercising. Your metabolic rate (speed of Calories burned) will increase, then the more you exercise, the less tired you will feel (unless you are overtraining), and the less you will be able to use this excuse.

Remember, the less you exercise the more tired you become, and the more tired you are the less apt you are to exercise. Break the vicious cycle by getting out today, even for a few minutes.



**I'm too sore.**

What part of you is sore? Is it your butt from doing squats? I have felt that soreness many times. It is smart not to work muscles that are sore, because they need more time to rest and repair. But you can still work parts of your body that are not sore. If your butt is sore, work on your upper body, or work your legs in ways that do not incorporate your gluteal (butt) muscles.

If your whole body feels sore, try walking slowly for a few minutes and then **stretching** well. Light exercise and stretching can make your muscles feel better by enhancing circulation.



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

A German proverb states:

“Who begins too much accomplishes little.”

You probably have time, but do not want to set some aside for exercise.

You need to take a serious look at your life and see what you find more important than your health. Maybe you need a time management course, too.

You don't have enough time, but you wait in long lines, wait “on hold” when making a phone call, wait for an elevator to arrive when you could be taking the stairs. You watch TV. You sit in traffic. You wait at the laundromat for your clothes to finish. You wait for your car to be finished at the local garage or car wash. You sit in a doctor's office. Maybe you hang out at the local bar and sit and visit with a friend? Why not exercise and talk with a friend?

Would you wait until your car conks out before doing a tune-up? Hopefully not. You would take care of it now, so that it could last you a long time.

Do not wait for your doctor to tell you—after he sees you for chest pains—to exercise. Exercise and eat properly now. Do not wait until you end up on high cholesterol and high blood pressure pills.

Be smart. MAKE time to exercise. Take care of yourself now, so that your body can last you a long time.



Go out and exercise anyway, but instead of going by yourself, bring a fan along.\* It has been medically proven that pulling a fan burns more Calories than walking alone.

Seriously, try going for a walk in an air-conditioned mall.

Exercise early in the morning or late in the day. Remember ladies, go out with a buddy if it is dark outside. Wear light-colored clothes, so that other exercisers and cars can easily see you. In the daytime, wearing light-colored clothing can keep you cooler because they reflect the sun's rays. **Polypropylene**, or similar lightweight polyester, is a good choice of material for your clothes unlike silk and cotton, which retain moisture (17). To keep the sun off of your face, a visor is a better idea than a hat, because the hat can make your body retain heat.

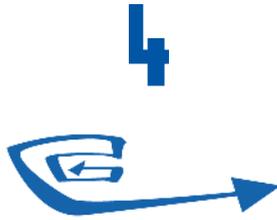
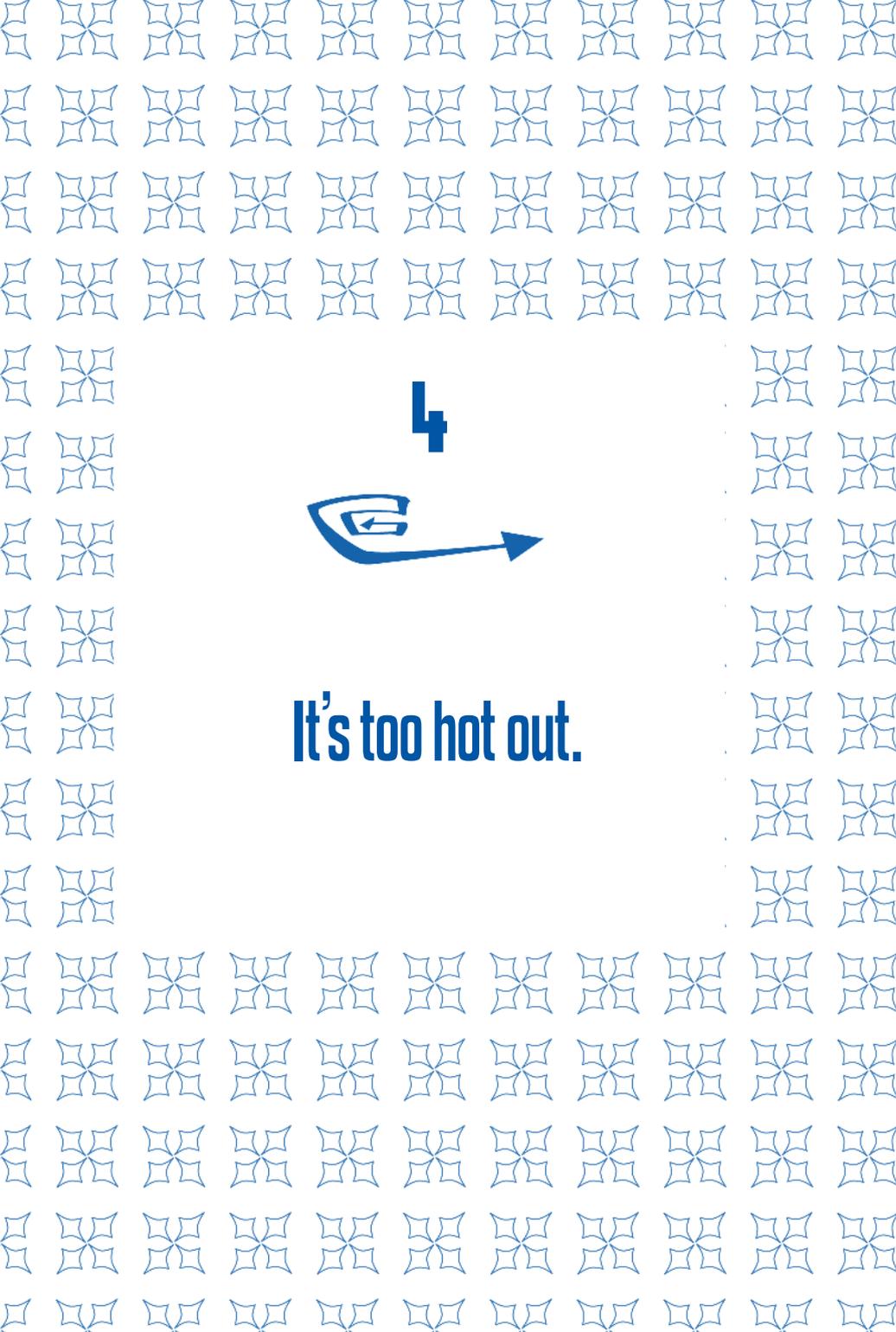
To avoid **dehydration**, **heat exhaustion**, or **heatstroke** during exercise, drink cold fluids that are low in sugar concentration (less than 2.5 grams/100 ml of water). "Drink 13.5 to 20 ounces (two to three glasses) of the above drink thirty minutes before (exercising)," and about four to six ounces every 15 minutes during exercising, depending on the intensity of the workout (12). These amounts are in addition to the minimum eight 8-ounce glasses of water everyone should drink every day.

If you do choose to exercise outdoors instead of indoors, exercise at a lower intensity or less time than usual. Remember that something is better than nothing.

You can leave your air-conditioned house, drive in your air-conditioned car to an air-conditioned gym to exercise. If you do not have a gym membership, a lot of places will sell you a day pass. Most gyms will be more than happy to serve you, due to their normally decreased business in the summertime.

Or you can just stay home with that outdated aerobics videotape—led by an unqualified instructor—that you have always wanted to try. **JUST KIDDING.** Never follow exercise instruction from anyone who is an actress, model, bodybuilder, or professional athlete turned teacher. Make sure that the instructor is qualified, and has a degree in an exercise-related field. Rent or buy a video by Denise Austin or Kathy Smith.

\*Do not try this. It is a joke.



**It's too hot out.**



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**It's too cold out.**

Dress for it. “Start with long underwear made of polypropylene or a similar, lightweight polyester. Stay away from silk and cotton, which retain moisture. Next, layer with a synthetic fleece garment (Sanchilla and Polartec are two popular brands), followed by a breathable water and wind-resistant shell, such as rain pants and a windbreaker or rain jacket” (17). Wear mittens and polypropylene socks with a pair of wool socks over them (you may need slightly larger shoes to accommodate) (17). A warm hat is a must since at least 50% of body heat is lost through the head. A scarf around your neck would be good if your clothes do not go up that high, and a bandana around your mouth will help warm the air. Be careful not to over-layer. You will be warmer after you start exercising.

Start your workout slowly, since your joints will take a little longer to lubricate than if it were warm out.

Still be sure to drink fluid before and during the workout. Follow the guidelines expressed under excuse #4.

If you are determined not to go outside, exercise at home, in a gym, or in a heated mall.



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**It's too wet out.**

Remember that funny-looking yellow rain suit that you have seen city workers wearing in the winter; the same kind you said you'd never wear? Well, it is time to go out and invest in one. These days rubber rain suits come in more colors than yellow. Make sure that the jacket has a hood to keep your head warm and dry. Underneath the hood, you can wear a baseball hat to keep the rain off of your face, too. If you would rather take on the rain a little more stylishly, get an outfit made out of Gortex™.

Remember your feet. A pair of rubber boots or leather hiking boots treated with a waterproofing solution like Scotch Guard™ will keep your feet dry.

If it is not too wet out, just take along an umbrella and dress however you want.

If you are the type who does not like to be seen exercising outdoors, wet weather will be perfect for you. Few people are likely to be outside and you can disguise yourself in your rain gear.

Remember your other options — exercising in a mall, at home, or in a gym.



The gym was closed.

Oh, shoot. It is their fault that you can not exercise. Wrong! This is your chance to do something different. Go for a walk or hike in an area that you have always wanted to see. Rent roller skates (wear pads and a helmet) and use them where there are no cars. Pick up a new sport or re-play one that you have not tried in a while, but start slowly, because you may not be at the skill level that you expect.

Variety of exercise is just as important as doing it. Cross-training (doing different exercises or sports) stimulates and stresses the body positively. Cross-training works muscles you may not use in a single sport exercise program, and helps to prevent over-use injuries like **shin splints**, an idiopathic pain between the knee and the ankle. Regarding strength training, it is important to change your program every three months. This enables your muscles (and your mind) to stay stimulated and to avoid a plateau, where no physical or physiological changes occur.

If your gym is closed and you really want to get in some weight training, try to find one that is open. Otherwise, exercise at home.



**It's a holiday.**

Even more reason to exercise. You have the day off, right? Great. Then, you will have more time. Maybe you can get in two workouts.

Oh, it is a religious holiday. I am sorry. I did not understand. Well, I know of no religion that says not to exercise on a particular day. If so, please prove me wrong. Besides, we choose to interpret religious teachings as we want and make some adjustments to suit our lifestyle.

Even God had to rest? Yes, but he had been exercising six days in a row. Have you? Furthermore, he only rested one day. Rest is a must. It is important to take off one day a week.

Often on holidays we tend to eat a little more than usual. Try exercising before your big meal. Since exercise increases your metabolism and keeps it elevated even hours afterwards (depending on length and intensity of session), it will be more likely that your food will be digested properly and used as energy rather than stored as fat. "Walking off" your meal is a bad idea. When you exercise, blood is **shunted** to the working muscles and away from the stomach, which can result in indigestion and even a **side stitch** (cramp in your side). The best thing to do after eating is to sit. Your food will digest better than if you lie down. If you are determined to lie down, lie on you left side to help prevent **reflux** (heartburn).



**I'm on vacation.**

***Since you treated yourself  
to a vacation, treat yourself  
to exercise, too.***



Since you treated yourself to a vacation, treat yourself to exercise, too. This is a great time to exercise. You have more time on your hands than usual and no work or prior commitments to which to attend.

If you go away from home for vacation and stay in a hotel, choose a place with a gym, pool, or tennis court or other exercise facilities. It does not take much of a break from exercise to lead you right back to where you started physically. It is a lot of hard work to achieve results, so maintain them. If there are no facilities where you are staying, just exercise in your room.

Nowadays it is not too hard to find a gym. Just tell the gym manager you are visiting the area and you would like to get a temporary pass. Also, find out if your gym membership at home can transfer to gyms in other areas.

Plan a vacation where you get to sightsee by bike or other exercise mode. Backpacking, horseback riding, and kayaking trips are available, too, by many outdoor companies—ask your travel agent. Plan to walk as much as possible, instead of taking cabs, trolleys, or rental cars in downtown areas.

Consider going on a cruise. Many cruise ships have exercise programs throughout each day. Read the company's brochure or call for a schedule of workouts, so that you will know what to pack.

If you had not been exercising before vacation, you might want to spend your days at a spa. This is a great way to start exercising for life! Be careful, though. Exercise at your own level, not so hard that after your trip you have to spend all your time resting. Spas are great places to learn how to live healthier lifestyles and even kick nasty habits like smoking. Beware of the Caloric intake that you are allowed each day. Some spas go dangerously low (below 1200 Calories per day). Find out before you make a reservation.



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The house is snowed in.

Time to start shoveling! Not only is shoveling snow a great form of exercise, but also you will be able to clear the path from the door to go outside and exercise further. Keep in mind, though, that since shoveling is exercise, you should work with frequent breaks, if you are unfit.

You can also stay home and exercise. Find some chores to do around the house. Cleaning, repairing, and maintaining your house is a good way to stay active while stuck at home.

Put on some of your favorite music and start dancing. It does not matter which type of dancing you choose (although, the more rigorous types burn more Calories), just as long as you **MOVE**.

If you have a child, try doing everything that he does (like playing follow the leader), instead of just trying to contain him. That provides a great indoor workout.

Do you have stairs in your home? Start climbing. Walk or run up each step and slowly walk down each step. When you slowly walk down stairs (or a hill), your muscles have to work harder since they are fighting gravity. Also, it is easier on your joints.



Originally from Cupertino, CA, Jeanne studied physical education at California Polytechnic State University in San Luis Obispo. She graduated in June 1991, and then moved to Honolulu, HI, where she lived for 14 months. There, BEANFIT was born February 7, 1992. Initially, the services provided included personal fitness training, nutrition counseling, health education for children, and swimming and rollerskating lessons.

Since then, BEANFIT has evolved.

December 1992, Jeanne moved to San Diego, CA, where she re-started her business and lived for 11 years. February 2004, Jeanne relocated to Paso Robles, CA, where she still resides.

Jeanne has always maintained a home office, while conducting phone consultations or traveling to others' homes and businesses to provide the services.

Watching people's lives improve is obvious motivation for Murdock to continue her work, but how did the passion arise? "When I was in Brownies, I was taught to help others, like seniors crossing a street. As soon as I heard that, I was hooked. Even at the young age of five, I enjoyed seniors, so I started looking for ones that I could help across the street. I still look for them, actually," she giggles.

As for the interest in health, Murdock's influence arose from a lesson called Berkeley Health that she was taught in third grade. It included nutrition education and anatomy and taught her to value wellness. Once again, she was hooked. Immediately, she practiced what she learned, including eliminating hot dogs, bacon, and caffeinated beverages from her diet. The first time she refused to eat a hot dog at home, she told her parents that it was unhealthy. Her father responded, "Your mother wouldn't cook you anything that wasn't healthy." She thought, "Oh, if you only knew." Remember that Murdock was only eight years old at the time.

Since then, Murdock has lived a very healthy lifestyle, not to live as long as possible, but to live as well as possible. She explains that life is so exciting with so many things to do and places to see, that she wants to have the energy to do it all. "All" includes motivating others to achieve their peak wellness and to live *their* lives to the fullest.

The current services offered include nutrition counseling, professional organizing, and corporate consulting: fitness centers/trainers, food manufacturers, and tailored health education lectures.



## About the Author



Qualifications:

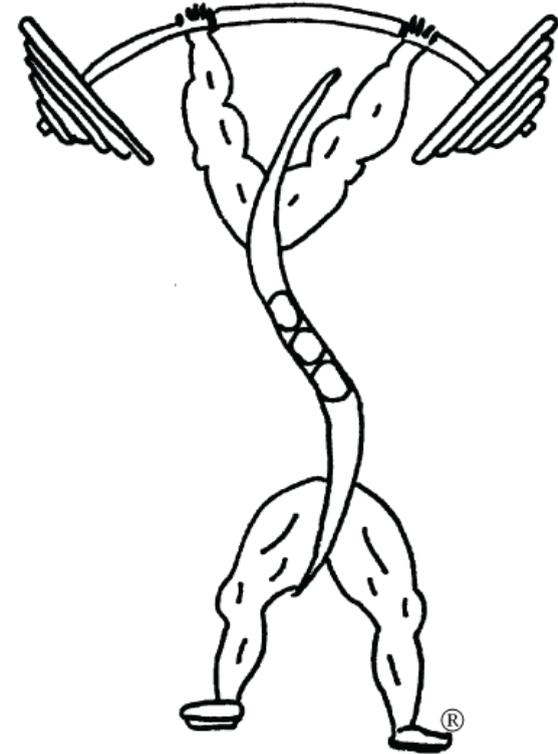
- Bachelor of Science in Physical Education, concentration in Commercial / Corporate Fitness, Cal Poly State University, San Luis Obispo.
- Undergraduate Nutrition Coursework Completed, San Diego State University.
- Resource Unit, Celiac Sprue Association, San Luis Obispo County.

Memberships:

- Celiac Sprue Association
- National Association of Professional Organizers
- American Dietetic Association
- Food Allergy and Anaphylaxis Network

*“Treat Yourself to a Healthy Lifestyle”*

**BEANFIT®**



**HEALTH AND FITNESS SERVICES**

*established 1992*

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