

March 12, 2010

FOR IMMEDIATE RELEASE

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EXCUSES, EXCUSES: WHY NOT EXERCISE?

EUPORA, Miss.—We have excuses for being late to work, for not visiting the in-laws and for eating too much fast food. We're full of alibis when it comes to exercise, too. Here are the top excuses for not working out—busted.

Excuse: I can't afford to join a gym.

Busted! If you want to get fit on the cheap, get active at home. "This time of year, there are numerous activities you can perform such as walking, jogging or cycling," says Cissy Thomas, director of North Mississippi Medical Center-Eupora's Wellness Center. "These are always more fun with a friend or with the entire family. For indoor activities, many people have Wii Fit, exercise videos or even a piece or two of exercise equipment."

Excuse: I have no time to exercise.

Busted! "We make time for other activities we like to pursue, like eating, watching television or shopping," Thomas says. "There are always a few minutes that can be found that we could put to good use by walking, climbing a flight or two of stairs or simply doing squats behind your chair at home or work. However, to achieve maximum benefits from exercise, 30 to 60 minutes of continuous activity is best."

Excuse: I'm too tired.

Busted! Just get going and you'll be happy you did. "After working out regularly two to five times per week for a few weeks, you will find yourself feeling stronger, more

alert and you will actually have more energy,” Thomas says. “As body composition changes with exercise, muscle tissue replaces fat tissue. It is less work for our bodies to move muscle tissue over a distance than fatty tissue.”

Fitness experts at Eupora Wellness Center can help you get past the excuses. Call (662) 258-9385 or visit www.nmhs.net/eupora_wellness_center.php.