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**FOR IMMEDIATE RELEASE**

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### **EXCUSES, EXCUSES: WHY NOT EXERCISE?**

PONTOTOC, 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. "There are a lot of fun cardio activities you can do outside, like running, cycling or even walking with a friend, the kids or your dog," says Jeanie Dale, director of Pontotoc Wellness Center.

Excuse: I have no time to exercise.

Busted! "You don't need a lot of time," Dale says. "You can get health benefits from doing short 10-minute exercise bouts, two to three times a day." Try doing 15 minutes of an aerobics video twice a day or hoisting dumbbells-or cans of corn-in between loads of laundry."

Excuse: I'm too tired.

Busted! Just get going and you'll be happy you did. "Exercise will actually give you more energy and make you feel better," Dale says. "If you lace up your running shoes and head outside, chances are you'll feel much more energetic after your workout. It doesn't seem to make good sense, but you really do feel more energetic after exercise than before!"

Fitness experts at Pontotoc Wellness Center can help you get past the excuses. Call (662) 489-1335 or visit [www.nmhs.net/pontotoc\\_wellness\\_center.php](http://www.nmhs.net/pontotoc_wellness_center.php).