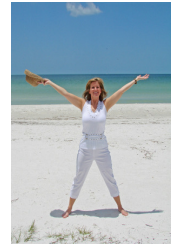




What's your excuse?

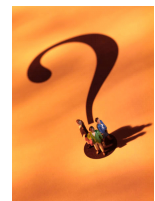
Being a Personal Trainer it never ceases to amaze me the excuses people come up with as to why they can't live a fit & healthy life! Right away, I want to define what I think fit and healthy is. I'm not talking about having a 10% body fat ratio or being able to bench press 100kg; my definition of being fit and healthy is having a healthy diet (for the majority of the time); doing regular exercise that gets you huffing, puffing, hurting and sweaty; having a healthy work life balance; taking time out to enjoy the little things in life that we'll look back at when we're 70 and will make us smile; and it's about not being stressed and run down all of the time. As you can see, by my definition of being fit and healthy it's not that difficult or complex, yet I hear every excuse under the sun as to why people can't make that happen for themselves. Here is a couple off the top of my head "My partner doesn't support me", "I don't have enough time", "I have to work until 6pm every night because the company will go bust and they'll fire me", "I can't afford the money to get fit", "and It's too difficult to eat well". Here is the real truth guys - It's a load of crap and if you ever want anything in your life to change, you need to stop lying to yourself right now!



At the end of the day, there is only one thing that you can ultimately control and that is you. You choose how you think, you choose what you eat, you choose what you say or how you react, and you choose what actions you take. Yes the people around you have influence over your decisions, yes your economic situation can have influence over your decisions but guys don't use that as an excuse because EVERYONE is in the same boat! Everyone has to deal with the situation they are in & make decisions based on that. Every one of us has the same amount of time in the day, yet why do some of us manage to fit so much more in than others? Quite simply it's because it's a choice that they've made. They understand that their health is so incredibly important so they've made a choice to do something about it. They don't make things extremely complex, they don't make up excuses as to why they can't or shouldn't do something. They make a decision and then they make it happen!

We've all got a mate, work colleague, family member or someone that whinges, someone that always has a drama and sucks to be around because of their constant complaining. They whinge about how they'd like to lose weight (whilst they're scoffing into a big fat piece of chockie cake) and then in the next breath telling you every excuse as to why they can't exercise, they're telling you about how they've been having really bad back pains but can't be bothered getting up and going for a walk (*study after study has show that regular exercise helps back pain, body aches, motivation and energy levels*) They spend so much energy and time telling you 'why they can't do something and how much they want to change it' but they never do anything about it no matter what suggestions or aid you offer them. Everyone knows someone like that, and can relate to how frustrating those people are to be around. As a bystander, you can see that if they simply made the choice to fix it rather than whinge about it, their life would be so much better!

So here comes the nitty gritty part of the article. My question to you is what is it that you whinge about? What is it that you tell your friends and family you want to change? What do you secretly wish you could change but then keep allowing yourself to make crappy excuses as to why you can't and keep putting off starting it? Be honest with yourself – what is it that you whinge about? I believe for this to really work, you've got to feel emotion when you think about it. It's got to fire you up, make you angry, embarrassed, sad, motivated or even out to prove a point. Hopefully you're already thinking about it and starting to feel some of those emotions because I've just pushed your buttons! If you are that's fantastic. You need to feel something or otherwise it will never hurt enough to change it, it will never be a priority and you'll allow yourself to keep making those dismal excuses and keep putting your "Life" on hold! As you hear me saying over and over, your health is one of the very few things that you have a direct influence over, so what are you doing about it? How you look / how much you weigh / how you feel / your energy levels – for the



most part that's something that YOU have chosen for yourself & until you change it, you'll live with that decision!
So are you fired up yet?? ;-)

Again I want to clarify something, when I talk about excuses; I'm not talking about the spur of the moment things that pop up. The kids or you getting sick, you have to work back late one night (as a rare occasion not every night), friends popping over for dinner or your car breaking down. Those things are not excuses, that's simply life! Instead I'm talking about those ongoing excuses that you keep telling yourself as to why you can't achieve something (and the scary thing is you let yourself get away with it).

So here are a couple of the most common excuses I hear:

I don't have the time. My personal favourite! (*20 burpees if this is your excuse hehe*) What a load of crap.

We are all given the same amount of hours in the day. Are you telling me that you literally don't have a spare 20 minutes in the day to look after yourself? That means that at no stage in your day you watch TV, sit in front of the computer, read a book, play with the kids? If you dared to say yes, then wow I'm impressed at how much you cram into the day, but realistically how long do you think you'll be able to maintain that for and not burn out? How long until you have some serious health ramifications at working that hard?



Another way I like to challenge people about their time excuse is asking them if they think that they are busier than our previous Prime Minister. Whether you like him or not it's irrelevant, but I'm sure everyone can acknowledge this guy doesn't have a lot of spare time. He has family, work functions and commitments – oh yeah, he had to run the country as well! But yet every morning he went out in his very 'lovely green trackie' and walked! So seriously, how can you expect anyone to believe that you don't have time when John Howard did!

Now, here is the flip side. If you really do have the time BUT have chosen to watch TV or do other stuff instead of exercise – that's fine! It really is. But please do not lie to yourself and others and use "not having enough time" as an excuse not to look after your health. We've all got 10 minutes we could spare and go for a walk (waking up 10mins early really won't kill you). Do 20 squats in a TV break (20 squats x 7 days = 140p/week or 7280 extra squats a year. That alone won't make you skinny but it sure will count towards something!) Best of all both of those suggestions do not cost money, they're completely free. So you can't even pull out the "I can't afford it excuse" ;)

No one else in my household eats well, so I can't either. Now this excuse I have to honestly say frustrates me the



most. If you need to make changes at home to your diet because overall you're not eating that well please tell me how you think it's ok for you to let your family eat that way? Even though they may be active and not need to lose weight – do you REALLY think that it's ok to let them eat poorly? If you know that it's not healthy or the best choice for you, why on earth do you think it's ok for them to continue to eat that way?

If you don't have support from your family, then maybe you need to sit down with them and have a conversation as to why you want to improve your diet and get their help. And before you start making up excuses as to why you can't have that conversation "they won't listen", "I've tried before" – actually wait until you have the conversation! What do you honestly have to lose? If they don't listen to you at least you tried (and can now move onto the next step without feeling guilty).

If you're like me and need to think about things before you discuss them – then jot some points down before you



chat with everyone. Tell them what you need (be specific – I need you to cook 'x' each night, or cook with less oil, or include more vegetables etc). Tell them how it makes you feel when they don't support you. A lot of the time family members will see what you're doing as a quick fix or fad. I'm sure that like most of us you've been there and tried it before. So rather than blaming them for not jumping on board to support you – explain to them what you expect and need from them. Educate them and it might surprise you the encouragement you get!



If you've gone through that stage and you're still not getting the support, then it's time that you take a stand for yourself! YOU are the one that is in control of what you put in your mouth, not anyone else! No one is force feeding you so that means you're the one choosing to eat badly. If you're serious about it, then change it! If it means that you have to cook a separate meal for yourself, then so be it. Do major cook ups on the weekend and freeze them so you can pull it out of the freezer and eat with the family (*that means you can't use the no time excuse here*). It's time you stopped blaming everyone else and took on the responsibility to be healthy! Yes it will be hard, yes you will face resistance, but it's time you made a serious choice. What's more important – you being healthy & fit and being able to support your family, or being overweight, unhealthy and resenting them for it? And from their perspective, who do you think they would prefer to hang around with? And as I said above, by eating healthier you'll be encouraging them to do the same which can only be a good thing!

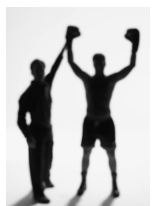
I can't afford it. As legitimate as this reason can be – it is one of the cardinal excuses in my book! Now I want to pretext, yes I am a Personal Trainer and I get paid to work people out. I hope though by now you realise for me it's not just about 'smashing people and that's it'. I'm extremely passionate about helping people realising that they need to be fit & healthy so they can get the most out of life. **YOU DONT HAVE TO PAY A PERSONAL TRAINER FOR THAT!** There are a million different things that you can do to get fit and healthy that cost absolutely nothing or next to nothing. Go for a walk, a jog, play with the kids or dog, kick the footy around, go for a swim, play team sports, do some body weight exercises at home. So seriously do not use money as an excuse!



I also get extremely frustrated when I when people tell me how fantastic they feel, there not in pain any more, they can play with the kids now or they managed to achieve something they couldn't 6 months ago, but then say that they can't afford to keep training. It's almost like they think that they've done a 6 week stint, got the results and without work it will stay that way (trust me – it won't!) Here is where my frustration with that is however, after saying they can't afford it in the next breath they tell me about their fantastic drinking weekend, fancy restaurant they went to, the show they paid \$100 a ticket for or items they bought for the house. Again, I want to clarify, if you don't want to continue Personal Training or Group Training, that's fine – but PLEASE don't be a hypocrite and use money as an excuse. Just like the time excuse – if you can eat out, buy stuff etc, then you've got the funds but instead you have chosen that you don't want to do it!

Even if due to money you have had to stop using a PT, going to gym, being on a sports team, that doesn't mean that you have to stop working out. You can still keep your health as a priority even if you are strapped for cash. However if you are like so many people out there and know that you will keep putting your health off if you're not accountable, maybe you need to juggle your priorities and find ways that you can afford to get that extra motivation (dance classes, fitness classes, meeting up with a friend etc). Otherwise once you stop, weeks will pass and you've done nothing!

Summary: So as you can probably tell guys, this is something that I'm quite passionate about. I believe that we all can do anything that we want, but every now and then we need that kick up the backside and someone to challenges us. Someone to help us look at our thought processes, our excuses, our progress, because if we don't we tend to get stuck in a rut. Weeks go by which turn into month's way to quickly and we're still in the same place.



I hope from reading this article, you're able to take a long serious look at where you are at and where you want to be. If you are serious about being fit and healthy and living a full life, then maybe you needs to readjust your priorities (and if you're on track with health, what other areas can you work on to keep on moving forward?)

Don't wait for it to happen – MAKE IT HAPPEN!

A Rattay

