

5 Ways We Sabotage Our Own Exercise Success

We often say at the start of the year that this year is going to be different and I am going to lose weight and do more exercise. But it doesn't always happen that way, does it? Have you ever thought you might be sabotaging your own exercise success? These are the top five reasons and how to beat them!

1. Excuses – “I’m too busy”

You may have heard yourself say “I was going to the gym tonight, but I have to finish this project at work” or even better “I will start my exercise when I have a little more time and I have finished with.....”

These are just some of the things we say to ourselves to justify not even starting to exercise, or justify missing a session. Now while it's true, sometimes we can't help circumstances, but many times there is a solution – it's all in how you look at it:

“I am still going to the gym tonight, and I know that doing exercise will keep me energized and doing my best at work” or “I am really busy right now, but I know I'll manage everything better if I just take a 15-30 minutes to go for a walk”

Remember there are people like Dr Fiona Wood and Ralph Norris (CEO of CBA) who are super busy but still fit in exercise - Make it a priority and it will happen.

2. Fatigue – “I’m too tired”

“I'm too tired” is the most common way we sabotage our exercise success after I'm too busy. We forget that exercise actually does energize us and by getting fitter we will be less tired in the long run. If nothing else, still doing your exercise even at a lower intensity or for a smaller amount of time will keep the exercise habit – which can be hard to regain once you've lost it. And there are still benefits for better insulin sensitivity and glucose management, not to mention quality of life.

3. False rewards

“It won't really matter if I miss a session, I've been really good all week” – well that's what we tell ourselves! Rewarding yourself by not doing your exercise session is a sure fire way to sabotage your exercise success. Try rewarding yourself with something other than activity or food such as a new dress or sports attire or equipment or a night out to a concert or a new book or CD. Exercise is needed everyday!

4. Disorganised

“I was going to go to the gym but I left my stuff at home and by the time I had it all together it was too late”. This is an easy solve – Pack the night before and place it by the door! A very simple problem with a very simple solution – you wouldn't arrive at the airport without your holiday luggage and passport!

5. Guilty as charged

The last thing we do to sabotage our exercise success is make ourselves feel bad or guilty if we have used any of the above sentences!! Saying things like “I should have gone to the gym – I never do I should just give up” .Your success or challenges aren't about you being “good” or “bad”. You have the power to change it – the difference between those who succeed and those who fail is just persistence.