

# Motivation to Exercise

*Start out with five-minute exercise sessions, and slowly increase.*

*If you need a break, even after a few minutes of exercise, that's okay!*

*The more you exercise, the more energy you'll have.*

Many people don't like exercising. Others believe that they're too out of shape or unhealthy to get started.

**If this sounds familiar, consider these tips:**

⇒ **I don't have time to exercise!**

Even short periods of exercise can improve your health. You can take 15-minute walks with your dog or to a neighbor's each day. Also, alternating 1 minute of heavy exercise (jogging or cycling at higher speeds) with 2-3 minutes of low-impact exercise (walking) may be best for your health.

⇒ **Exercise is difficult and hurts!**

"No pain, no gain" is no longer considered effective or sensible. It shouldn't hurt to get in shape. You can build your strength and fitness by walking, swimming, or cleaning the house or yard.

⇒ **I'm too old, or overweight, or unhealthy to exercise!**

It's never too late to start building up your strength. Few health or weight problems make exercise completely impossible, so talk to your doctor about a safe routine for you. Remember, physical activity is proven to help diabetes!

⇒ **Exercise is boring!**

Most people can find a physical activity they enjoy or can at least tolerate. Try playing exercise video games with your kids or grandkids, which can burn calories and build your stamina. Walking in place during the commercials of your favorite TV shows also can get you started.