

WELCOME TO THE CITY OF EXCUSES!

Where Healthy Living Is a Second Priority



Fear of Injury

"I'm afraid I might injure myself or have a heart attack."



Lack of Energy

"I'm just too tired after work to do any type of physical activity."



Lack of Time

"My day is so busy now, I just don't think I can make the time to include physical activity in my schedule."



Lack of Willpower

"It's easier for me to find excuses not to do any physical activity than to go out and do something."

August 2008