

Exercise Excuses

Get The Kids To Join In

Kids love exercising, learning new skills and making the workouts into games. Not only do you get to workout, but you are doing something together and also getting the kids moving, which will not only improve their fitness but also coordination. Obviously make sure the exercises are suitable for them, but most exercises minus the weight are fine. Enjoy!!

You Won't

Everybody in a gym, class or whatever form of exercise you are doing, is too busy focusing on what they are trying to do, so don't worry they won't even spot you

Get Support

If you are not sure what to do and how to do it, there are some excellent places to get some advice - a personal trainer, a local class or with an online programme, such as ours

Buddy Up

Find a friend or or partner to train with, as you can help motivate each other. You can plan when you are going to train together, making you less likely to cancel as you don't want to let the other person down, plus it's more fun

Set A Challenge

We all need something to work towards - an aim, a goal, a competition etc. It will help increase your motivation as well as give you direction. Once you have made a goal, now make some smaller ones to help build to your main goal, so you can pat yourself on the back along the way

Plan & Track

Each week plan ahead when you are going to train and what you are going to do - this will help you identify what pockets of spare time you have. Make a note of what you do, and every 4 weeks measure yourself - weight, body fat, fitness level etc, so you can see how well you are doing, increasing motivation

Make It Short & Quick

You don't need to train for an hour to get results. Some of my hardest workouts last 20 minutes and give great results, allowing you more time to get other things done. Remember you will feel better once you have done it as the endorphins you create whilst exercising will leave you feeling energised and buzzing.

Make Sure You Get Enough Sleep

Sounds obvious, but sleep is not only essential to energy levels, but also to recovery. So if you have been training hard, make sure you are getting plenty of shut eye, or not only will you be tired and exhausted, but also sore.

Make It Fun

Exercising doesn't need to be boring and something you don't enjoy. Pick something you will enjoy - dancing, a class, or a new sport. That way you are more likely to stick to it, and see better results.

You Don't Need Gym Membership

These days you no longer need to join a gym to get fit. There is so much you can do without leaving the house - workouts from magazines, Exercise DVDs, online videos, Skype classes, or outdoor classes. And if you are worried about not having any equipment, don't, you don't need any!! All the above means that exercise is more accessible and affordable

Choose Something New Online

With technology developing rapidly, there are a whole range of ways to exercise without costing you a bomb. Online training can be either a programme to follow, a class or a one off workout, with videos and instructions to make sure you get it right. Don't forget to check out our online selection, with a FREE 7 day trial

I've Got The Kids

I Can't Afford It

It's So Boring

I Will Look Silly

I Don't Know Where To Start

I Can't Be Bothered

I'm Too Busy

I'm Too Exhausted