

Healthy Lifestyles – Marshfield Area Coalition’s Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five.” Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

I Would But...Top Five Excuses for not Exercising

5. I Can’t Afford It.

Says Who? Walking is great exercise. So is playing tag with the kids, throwing a Frisbee™ or kicking a ball around. Dust off that old bike or tennis racquet. No need to join a Club.

4. I Might Get Hurt

Actually, if you start slow and are careful, chances are you will improve your flexibility and stamina, making it less likely that you will get hurt in your everyday activities.

3. I Just Don’t Have the Energy and Motivation.

Contrary to what you may think, exercise builds energy! Set goals and treat yourself when you accomplish them. The hardest part is putting on your tennis shoes and taking that first step, but you’ll be glad you did. Or success builds motivation!

2. I Don’t Like Exercising Alone.

Call a friend, join a class, involve your kids, turn on some music or the television. No excuses here.

1. Who Has Time To Exercise! You don’t have time not to. Seriously. Those who exercise can add quality years to their lives.

Consult your physician before starting an exercise program

Submitted by: Brenda Mueller, Healthy Lifestyles Community Coordinator

To view article visit our Web site at www.marshfieldhealthylifestyles.org.

For more information about the Coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.

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