

AM I EXERCISE RESISTANT?

People who do not exercise regularly are often thought of as lazy—the solution offered is 'just do it,' regardless of what is really going on. We need to remember that we were all born with a hunger for movement. If we choose not to move our bodies now, it is because something got in the way. Throw out the idea that you are too lazy and discover the real reasons you might be resistant to regular activity. Start by checking any of the following that apply to you:

- I "should" be exercising.
- I need to exercise to look like society says I should.
- I have been pushed into exercise by others who had their own agenda—for instance, they wanted me to "have fun" or to lose weight.
- I felt pressure to perform in athletics as a child.
- I am perfectionistic and believe that "If I can't do it right, I won't do it at all."
- I usually only exercise when I diet. When I quit dieting, I usually quit exercising.
- I have been injured while exercising and the whole idea of it scares me.
- I usually only exercise to manage and/or to lose weight.
- I was almost always the last one picked for team sports growing up.
- If I miss a day or two of my exercise routine, I usually feel like I've blown it and it is hard for me to get going again.
- I often feel intimidated by exercise, the equipment or the fancy moves in aerobics.
- I often feel rejected by friends, family or society because of the size or shape of my body and somehow feel that exercise might help that.
- I feel bad about my body and on some level believe that the less I move, the less attention I call to my body.
- I hate to sweat.
- I have used exercise as an external measure of self-worth—I feel better about myself when I exercise because I am doing something good.
- I have used exercise as a "punishment."
- I count up the calories I have burned or weight I will lose while I exercise.
- I have forced myself to exercise when I ate too much or didn't lose enough weight.
- I have been sexually abused at some time in my life.

Review the comments with checkmarks to begin to understand why you might be hesitant to get moving. Each has negative connotations that can contribute to exercise resistance. Consider discussing these with a trusted friend to help sort out some of the issues. Sometimes this is enough to remove the barriers. In other cases, a skilled therapist might help. Also, consider how you might be able to alter your perceptions of physical activity - it is your birthright!