

What's your exercise excuse?

Posted At : June 5, 2009 4:34 PM | Posted By : Lena Huang

Related Categories: Exercise

Recently, my life got very hectic with work and family. For years, my daily routine has included a workout, but recently I've been skipping it, thinking "I just don't have time."

So, when I saw the WebMD article today on ["The Top 6 Exercise Excuses and How to Beat Them."](#) I knew I was busted. Matter of fact, my excuse was number one!

The article provides some simple ways to add exercise to your routine, such as using resistance bands while you watch TV or taking the stairs instead of the escalator. Experts also give some good responses to common excuses not to exercise.

Cancer patients and survivors certainly have a right to use exercise excuses. And there are situations in which cancer patients should take precautions when exercising ([Take It Easy](#)). But we also can't ignore the emerging research connecting exercise and cancer ([Forward Motion](#)).

Recent research, announced at the annual conference of the American College of Sports Medicine held at the end of May, showed that women over 30 may decrease their chances of contracting breast cancer if they are more active (Exercise with Cancer Patients, [Abstract 1055](#)). Another study, announced at the same conference, revealed that black men who exercised during young adulthood, ages 19 to 29, had a 35 percent lower risk of prostate cancer (Age-Specific Physical Activity and Prostate Cancer Risk Among White Men and Black Men , [Abstract 885](#)).

Everyone needs a break now and then, whether it's from exercise, from work, from kids, from our hectic lives. There have been countless times I have not wanted to exercise, but then I push myself through that spin class or yoga session, and afterwards, I always feel better. For me, that good feeling is something I need to remember when those exercise excuses start growing in my mind.