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## Turn fall into fitness time for good health

By: Jean Munoz, Guest Columnist

Fall into fitness. No excuses, Autumn brings us crisp weather, fresh air, shorter days and an increase in the hustle and bustle as we enter the holiday season.

This a time of thanks, gratitude, joy. It is also often a time for many of us to fall into a season of broken routines, more stress and added weight.

The good news is that you have the choice to break old patterns and instead fall into fitness, incorporating balance and an exercise routine into

your life. If you do, you will be able to get through the holidays with more energy and spirit, while also feeling better about yourself.

The Surgeon General reminds us in their Report on Physical Activity and Health that 250,000 deaths per year in the United States are attributable to a lack of regular physical activity. But we know this, right? Who doesn't know that eating healthy and exercising will make you feel better

and live longer? We hear this every day.

If we know it, what is the problem? Why is it we continue with bad habits? We make excuses; countless excuses.

We all have the potential to be healthy and fit, but we choose to expend our energy in other areas of our life and make excuses as to why we can't find balance or get fit. As a result, we go through life rarely paying attention to our own bodies, even though our body is the one thing we are born into this world with and the one thing that stays with us our entire life.

We live in our body every day for better or worse. If we put energy into keeping our body tuned, we can better reach our potential not only physically, but as human beings. You wouldn't let your car go without a tune-up, oil change and gas would you?

Rather than falling into the trap of holiday stress this year, take steps to eliminate excuses so you can fall into fitness. Here are a few things that

may be holding you back and some solutions to help you move beyond these obstacles that may be standing between you and your health.

Excuse No. 1:

I have NO time to exercise.

Solution: Make time.



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As so eloquently said by Edward Stanley, those who think they have no time for bodily exercise will sooner or later have to find time for illness.

Evaluate your schedule and make the time or you will eventually suffer the consequences. Just like we can fill our bodies with junk food that doesn't nourish, we can fill our time with activities that suck our energy and don't serve us in a positive way such as television, telephone, e-mail.

Like everything else on your schedule, you must plan exercise if it isn't part of your life.

Make an appointment with yourself, and don't break it. Also, be realistic. Do as much as you can and start with 10 minutes a day, and add a little each day. Real change happens slowly, so take one step at a time.

#### Excuse No. 2

I don't like exercise.

Solution: Find something you do like

OK. Not everyone enjoys exercise and this is a real obstacle for many people. For an exercise program to be successful, you have to have an

incentive or truly enjoy the activity. So, make it fun! It doesn't have to be work. Dancing, nature walks, gardening or raking the leaves are all

activities. Find an exercise buddy to keep you entertained and to hold you accountable. It's harder to miss a workout if someone is waiting for you! Rather than planning time together over food, plan to meet daily for walks, a trip to the gym or a bike ride.

#### Excuse No. 3

I have too many family commitments

Solution: Include the family Personal time is more limited when you are trying to balance the

responsibilities of a family, especially if your children are young. But there is no reason why you can't include your children in your activities,

which will teach them healthy habits. If your children are young, find a friend and take the kids on a walk in the stroller or in the baby jogger.

As your children get older, plan family time around activities like bike rides, hikes or walks. There are many local areas to bike, hike or

participate in activities as a family.

#### Local Resources:

Find other moms to walk with, while pushing your stroller: [www.strollerfit.com](http://www.strollerfit.com). <http://www.-strollerfit.com>.

Let your children play, while you take time to exercise: [www.kidspark.com](http://www.kidspark.com). <http://www.-kidspark.com>.

Discover local bike paths: [www.roseville.-ca.us/transportation/bikeways/bike\\_trails.asp](http://www.roseville.-ca.us/transportation/bikeways/bike_trails.asp).

[http://www.roseville.ca.us/transportation/bikeways/bike\\_trails.asp](http://www.roseville.ca.us/transportation/bikeways/bike_trails.asp).

For information on local walking and running events: [www.runningandracing.com](http://www.runningandracing.com). <http://www.->

[runningandracing.com](http://runningandracing.com) or

[www.active.com](http://www.active.com). <http://www.active.com>.

Explore the outdoors, and get ideas on hikes, outdoor activities and other family activities: [www.visitplacer.com](http://www.visitplacer.com).  
<http://www.visitplacer.com>.

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