



## Benefits Tip for February:

### What's keeping you from exercising?

Most of us know that we should be getting more exercise. But, busy schedules and other roadblocks can come between us and our dreams of getting — and staying — fit. If you'd like to be more active, start by talking with your doctor to find out how much and what types of activity are right for you. Then, check out these common exercise barriers and some solutions that can help you get started and keep going.

**Too risky.** Exercise is safe for most — including older adults and many people with chronic conditions — with the right precautions. If you're concerned about your health, talk with your doctor first. Often, the key is to start slowly and gradually. For instance, try 10-minute intervals when you get started. Then, increase intensity. At first, choose moderate-intensity activities such as walking, water aerobics or biking at an easy speed. Consider exercising with a friend or family member for safety and companionship.

**No time.** It's a busy world. But, don't let that stop you from squeezing in some exercise. Consider these tips to create more time for physical activity:

- Get up a half an hour earlier. Think of it as only 30 short minutes that can make a big difference.
- Use part of your lunch break to take a brisk walk or visit the Fitness Room on campus.
- Trade out some tube time in the evening for exercise. When you watch TV, try some stretches or sit-ups during the commercials.

**Too tired.** After a long day, exercise may be the last thing on your mind. However, it may be just what you need to boost your energy level and improve your mood. You might try taking the dog for a run, or renting an exercise video. Need a little extra motivation? Consider training for a charity event. Think of it as giving back to others while doing something great for yourself. But, no matter how you exercise, try not to do it too close to your bedtime — it may disrupt your sleep.

**Too boring.** Even your favorite activities can become tedious after a while. Tired of your exercise playlist? Spice up your workout with some new music, or try listening to an audiobook for a change of pace. Consider going to the gym with a friend and using your treadmill time to chat it up.

If you just can't face the same old workout, one option is jogging around your neighborhood. Or, consider kicking the soccer ball around with the kids.

**Too expensive.** Home exercise gear or a gym membership can be expensive. But, fitness is affordable. For instance, you might try putting on a pair of sturdy sneakers and walking around the park or through the mall. For safety's sake, be aware of your surroundings and wear bright or reflective clothing when out at night. Also, check out the discounts offered to you through the state's health plans.

Through [BCBS's Blue Complements](#), discounts are available on Fitness Club memberships and Weight Management programs.

[AvMed's Healthy Living Programs](#) offers a variety of wellness strategies and programs that can enhance your well-being and quality of life, including discounts on Weight Watchers programs and memberships at fitness centers, including Gold's Gyms and Curves.

United Healthcare, in conjunction with UnitedHealth Allies, offers discounts on Fitness Club memberships and Home Fitness Equipment. Just log into [myuhc.com](http://myuhc.com) and select the Extra Programs and Discounts link on the right side of the menu.