

I can't dedicate 30 minutes or an hour to physical activity or exercise in a day. It's not worth it for me to try.

- I don't have the time.
- I'm not fit enough.

Everyone starts somewhere. Even short bits of activity are a big deal for health. You can start with 5-10 minutes of movement (walking is great!) and build up from there.

I feel like my activity only counts if it's being tracked.

- I forgot to wear my fitness tracker.
- I don't want to exercise if I can't track it.

You get the benefits of activity whether your device tracks it or not! Focus on how you feel during and after an activity.

I feel like exercise must be intense, structured and scheduled.

- I don't like being sweaty and sore.
- I dread going to the gym every day after/before work.

"No pain, no gain" is out. Enjoyment is in! Walk your dog, dance, garden – any activity that moves you is physical activity and will benefit your health.

I'm not a "gym person" and I don't have "gym clothes."

- I find gym memberships, classes and clothes to be expensive.
- I don't feel comfortable in a gym.

Moving is the important part, whether it's in a gym or not. Your clothing should be comfortable and allow you to move – it doesn't need to be fancy!

I've been exercising, but I'm not seeing the results I want to see.

- I'm working hard, but I'm not sure it's worth it.
- I won't keep this up if I don't see results soon.

Physical results can take time, so don't get discouraged. Are you sleeping better? Do you notice more energy and a better mood? Focus on these immediate benefits to stay motivated.

I'm intimidated by all of the fitness content online.

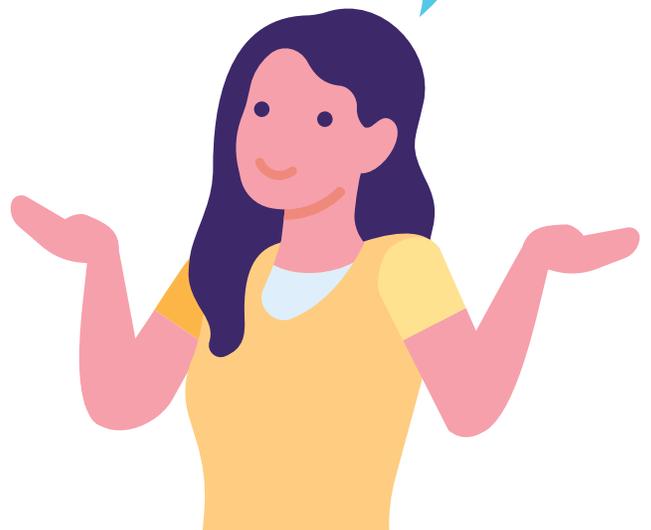
- I don't know if I should try exercises I see on social media.
- I'm not as fit as the people advertising exercise online.

Social media can be full of great ideas, but you can benefit more from personalized recommendations. ACSM certified professionals will work with you to help you meet your goals.

Myth:



Truth:



Something's Better Than Nothing

Breaking Preconceived Notions About Physical Activity Participation



Created by the ACSM Strategic Health Initiative Committee for Behavioral Strategies