

# Mission In Motion

## Health & Wellness Weekly Bulletin

### June 2012—Physical Activity



June 11, 2012—Week 3

#### Face exercise barriers head on!

We know it can be challenging to stick with a fitness regimen. Try these tips to overcome these common barriers:

“I don’t have time” – squeeze in three 10-minute walks during the day; wake up earlier to make time; park your car farther away from the front door at work; and schedule physical activities on weekends.

“It’s boring” – choose activities you enjoy; vary your fitness routine; invite others to join you; or enroll in a yoga class.

“I look funny exercising” – do activities by yourself at first until you feel more confident; remind yourself about the physical benefits of fitness; and praise yourself when you exercise.

“I’m too tired” – start your day with physical activity; walk during your lunch break; set realistic goals and stick with them; and block off time for fitness, just like you would an important appointment.

Source: Mayo Clinic

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