5 Common Fitness Saboteurs and How to Defeat Them

1. Stress

When you're stressed out, you may feel like adding one more thing can push you over the edge. But exercise helps alleviate stress, anxiety, and depression, and helps boost your mood. Even a short workout is better than nothing.

2. Unrealistic Expectations

A common mistake to new exercisers is to make goals that are unattainable in the time you expect. You can't undo 10 years of a sedentary lifestyle in a week of walking. If you stick with a regimen, your body will respond to exercise. It takes at least six weeks of regular exercise and sometimes more for physiological changes to kick in.

3. Overtraining

Demanding daily workouts without scheduled rest won't help you reach your goals faster. Instead, it'll undermine your progress. Overtraining occurs when the exercise load is excessive related to the amount of time allowed for recovery. Always allow an adequate amount of recovery after a workout and take at least

4. The Unexpected

When something comes up that blocks you from your workout plans, it's easy to give up and call it quits. It's important to have a backup plan in case everything doesn't go right. Even a small workout is better than

5. Negative Self-Talk

Negative self-talk only destroys your confidence and motivation to the point where you can't visualize success. The next time you recognize a critical thought, stop it and replace it with a positive thought like, "I'm so proud of myself for walking today."

Source: America Council on Exercise