Excusercise: Inexcusable Excuses for

not Exercising

Copyright @2022 **EXCUSERCISE** by Excusercise, LLC. Excusercise is a Bruce Cohen & Michael Sachs production. All rights reserved. Designed by Excusercise, LLC, trademark pending. Printed in the United States of America. <u>www.excusercise.com</u>

No part of this publication may be reproduced or distributed in any form or by any means without the prior permission of the publisher. Requests for permission should be directed to <u>drbruce@excusercise.com</u> or <u>drmike@excusercise.com</u>

Neither the publisher nor the authors are engaged in rendering legal or other professional services through this book. If expert assistance is required, the services of appropriate professionals should be sought. The publisher and the authors shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused directly or indirectly by the information in this publication.

eISBN: 979-8-9855326-0-9

ISBN (paperback, black and white photos): 979-8-9855326-1-6 ISBN (paperback, color photos): 979-8-9855326-2-3 Library of Congress Control Number: 2022906928

Table of Contents

Table of Contents	iii
EXCUSES, EXCUSES, EXCUSES	
How Do I Use This Book?	6
Excusercise Disclaimer	8
Excuse number 1: "I do not have enough time"	10
Excuse number 2: "I have too much work"	13
Excuse number 3: "I'm too tired!"	17
Excuse number 4: "I'm sick"	21
Excuse number 5: "I have an injury, bad knee, ankle,	
shoulder yada, yada, yada!"	25
Excuse number 6: "I've got a medical condition	
and can't exercise"	
Excuse number 7: "I just had a baby."	33
Excuse number 8: "Exercise hurts."	36
Excuse number 9: "I don't have a thing to wear	
(don't have the right attire)."	
Excuse number 10: "I'll start on New Year's Day."	
Excuse number 11: "I'm not in the mood!"	46
Excuse number 12: "I'm tired of the same old workout!"	49
Excuse number 13: "I don't know what the best	
exercise to do is."	
Excuse number 14: "It is a waste of time."	
Excuse number 15: "I don't like doing it alone."	
Excuse number 16: "I'm too old to start exercising."	
Excuse number 17: "I hate exercise!"	63
Excuse number 18: "I get bored."	
Excuse number 19: "I can't get motivated to exercise."	69

Excuse number 20: "It's not a priority right now."	. 73
Excuse number 21: "It's Not Challenging Enough."	
Excuse number 22: "Exercising is not fun."	
Excuse number 23: "Exercise stresses me out."	
Excuse number 24: "The gym is too crowded."	. 86
Excuse number 25: "I'm too stressed out right now."	
Excuse number 26: "I don't believe I can stick with	
an exercise program."	. 92
Excuse number 27: "I'm too self-conscious to exercise	
in front of others"	. 95
Excuse number 28: "I'll never be able to look like	
her/him (celebrity)"	. 98
her/him (celebrity)" Excuse number 29: "I don't like to sweat."	102
Excuse number 30: "I get out of breath so quickly."	105
Excuse number 31: "The weather is terrible	
(raining/snowing, too cold, too hot)."	108
Excuse number 32: "I'm too young to have to worry about it." .	111
Excuse number 33: "My grandparents lived to their 90's –	
I've got great genes."	114
Excuse number 34: "My significant other does not	
like to exercise!"	117
Excuse number 35: "Everyone loves me…	
just the way I am – plump."	120
Excuse number 36: "I have had poor previous experience(s)	
with exercise."	
Excuse number 37: "I don't have a goal."	126
Excuse number 38: "I keep having to start my program	
over and over again."	130
Excuse number 39: "My body will change too much."	133
Excuse number 40: "I don't need to exercise –	
I get plenty of exercise at work."	
Excuse number 41: "I weigh the same as I did 20 years ago."	
Excuse number 42: "I don't like to compete AGAINST others."	
Excuse number 43: "Gyms are too expensive."	
Excuse number 44: "I hate the fitness instructor."	
Excuse number 45: "I don't think I want to change right now."	152

Excuse number 46: "I have other plans."	155
Excuse number 47: "I'm totally uncoordinated-	
I can't play sports at all."	158
Excuse number 48: "I've got family responsibilities –	
my kids especially."	161
Excuse number 49: "It's unsafe to exercise	
in my neighborhood."	164
Excuse number 50: "I don't like the "No pain	
no gain!" philosophy."	167
Finding an Exercise Psychologist in Your Neighborhood	170
Fitness Social Media Influencers, Websites,	
and Mobile Applications	172
Excusercise References/Bibliography	
Who are Your Authors?	185
Acknowledgements	187
-	