

## +WHAT'S YOUR EXCUSE?

### LEAN ON HIM TO GET MORE LEAN!

By Tom Wilson, Fitness Coach

God cares about your health so we need to take better care of ourselves. So let's look at some of the more popular excuses used to justify the neglect of physical health. When fighting the temptation of poor nutrition or lack of motivation to train, keep the following scripture in mind:

*"Each time he said, 'My gracious favor is all you need. My power works best in your weakness.' "*  
2 Corinthians 12:9 (New Living Translation)

God's power is at your disposal in times of weakness. What an awesome scripture to remember when you're deciding what to eat and what exercise to do. What a comfort knowing that His power not only helps us during our weak moments, but it works **BEST** during those times!

I've been a strength and conditioning coach for 32 years and I think I've heard most every excuse imaginable. Here's a list of the more popular ones along with my answers.

#### EXCUSE #1- NO TIME

This has to be the most abused excuse for not taking care of your physical health. But in reality, the problem isn't time, it's the choices you make. You make time for what you think is important. Re-evaluate what's important in your life, cut out activities of less importance and make time for physical activity. Maybe you need to stop watching TV so late at night and go to bed earlier. Then you could get up earlier and spend some time on the treadmill or exercise bike before going to work. Maybe you need to find one hour each day to workout and don't allow **anything** to be scheduled during that time.

Regardless of your busy schedule, carve out 45 minutes to an hour, 3-4 times a week and make the time to sanctify your body for God's perfect will in your life. If necessary, multi-task your workout into your daily routine. Walk on the treadmill during your next conference call or read the Wall Street Journal while riding a stationary bike!

#### EXCUSE #2- I'VE TRIED EVERYTHING (AND NOTHING WORKS)

This is a very popular excuse with the "gave it my best shot" crowd. Rather than making excuses, make adjustments. Realize that everyone is different because that's the way God created us. What works for one person may not work for another. You have to find the right combination of diet and exercise that works for you. But there is one common denominator that works for us all. We know that, with God in our lives, **all things are possible**. The Bible doesn't say that with God some things are possible, or that most things might be possible. It is written:

*"Jesus looked at them intently and said, 'Humanly speaking, it is impossible. But not with God. Everything is possible with God.' "*  
Mark 10:27 (New Living Translation)

Do you really think that our God, who created the entire universe, can't help you lose weight or get in better shape? To get lean, lean on Him! Stay focused on eating and training for all the right reasons and you will see results, for all things are possible with Him.

#### EXCUSE #3: I CAN'T AFFORD THE GYM

God intended for you to be active, whether you go to a gym or not. The first assignment God gave Adam was to take care of the Garden of Eden.

*"The Lord God took the man and put him in the Garden of Eden to **work it and take care of it.** "*  
Genesis 2:15 (New Living Translation)

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He wants you to be active, but you don't have to go to a gym to accomplish this. The good news is that you don't need access to expensive equipment to get in shape. As Adam was tending to the garden, he was active while enjoying the beautiful scenery that God provided for him. Remember, everything you do is for the glory of God. So why not get outside and enjoy the beauty that He provides for us everyday in His creation and get in shape at the same time? Better yet, find a workout partner and fellowship while you exercise. By the way, honoring God and getting in shape at the same time is what Walk & Worship is all about!

### **EXCUSE #4: I KNOW NOTHING ABOUT FITNESS AND I CAN'T AFFORD A TRAINER**

Certain aspects of working out, such as weight training, can be complicated and should be monitored. But in most cases, making physical improvements can be as simple as moving more and eating less! Beside [www.danielplan.com](http://www.danielplan.com) offers excellent -- and FREE -- information to guide you. Start out with this simplistic approach and gradually ease your way into a more advanced routine. A simple walking program is a great way to start moving more. But before you start your exercise program, it's important to form a game-plan.

*"Get good advice and you will succeed; don't go charging into battle without a plan."  
Proverbs 20:18 (Today's English Version)*

The Daniel Plan doctors have provided sound nutritional advice on this Website. This information, coupled with the exercise advice I'll be providing will help you formulate a plan for success. This knowledge will give you the confidence to attack a regular exercise program enabling you to safely reach the goals you've set for yourself.

### **EXCUSE #5: SLOW METABOLISM, THYROID PROBLEMS, OLD AGE, GENETICS**

"I have such a slow metabolism. I can't burn fat no matter what I do," or "I must have a thyroid problem because I gain weight even though I work out all the time," or "I'm just too old to workout. My joints hurt just from walking up the stairs," or "My Mom and Dad are heavy and so are my brothers and sisters. I don't stand a chance." These comments may affect your ability to shape up, but they are not reasons to quit trying.

Sure some people are blessed with faster metabolisms and don't have to put as much effort into their workouts to shed the pounds. We all know people who can eat whatever they want and not gain a pound. We know that life isn't always fair and that God didn't create us all equally. So accept the fact that you may have to put more effort into your quest for health than others do. But remember, regardless of the roadblock, all things are possible!

### **EXCUSE #6: I'M TOO FAR GONE OR I'LL START NEXT WEEK**

I tell everyone I work with that we all have a starting point. If you haven't done anything active for a long time, simply start at a much slower pace. You may only be able to walk for five minutes. That's your starting point. You may stay at that point for a week, then move up to six minutes the next week. Your body may respond quickly to the training and you can double your time in a week. Then again, you may be so sore that you have to take a couple extra days off. No problem, just go at your own pace. Remember, God designed us all differently. So don't worry about where you are, just focus on where God wants you to be. As for procrastination:

*"If you wait for perfect conditions, you will never get anything done."  
Ecclesiastes 11:4 (New Living Translation)*