



You CAN overcome those exercise obstacles.



Having difficulty staying motivated to achieve your exercise goals?

If you have ever given one of the following excuses, consider these solutions:

- **Not Enough Time**
 - Squeeze in 5-10 minute walks throughout the day.
 - Add activity to your day—park farther away or use the restroom on the next floor.
- **It's Boring**
 - Choose activities you enjoy.
 - Find a workout partner—a co-worker, spouse or even your child.
- **Gyms are Expensive**
 - Try exercise DVDs at home that you can check out for free at the library or for a small fee at a video store.
 - Do exercises with household items—soup cans or water bottles.
- **Too Tired**
 - Exercise immediately after work before doing other things.
 - Get more sleep.



- **No Motivation**
 - Schedule time on your calendar for exercise.
 - Ask others for encouragement.

Sound like you?

Onlife can help!

Our Health Coaches are trained professionals who are here to assist you when you need it. This is a **FREE benefit** from your employer that could change your life. **Why wouldn't you log on now?**

Log on to www.OnlifeHealth.com or call **866-292-7302** for details. We look forward to hearing from you.

