

Why I Can't Exercise

No matter what our age, we all know how easy it is to find excuses to not exercise, *even though we KNOW that it is good for our mental and physical health.* Do you see yourself in any of these excuses below? The Live 2 B Healthy® program is designed to break through your personal excuses and get you on the way to a healthier you!

Reason #1 - I can't get or stay motivated

This is a big one, and our classes are designed to help combat the "unmotivated" feeling. We make our classes social events as well as fitness classes so that you are having fun with your friends and neighbors, in addition to getting exercise. Our trainers are also instructed to change up their routines on a daily basis, so you are never doing the same class twice, which keeps the class interesting and produces better results for you.



Reason #2 - I am too busy to exercise

If you are "too busy to exercise" now, how will you make time for illness later? And later will come – as we all know way too well!

Reason #3 – I don't know how to exercise

Our classes are led by Certified Personal Trainers who **know** senior fitness. They will help you to adapt movements to your needs, and are always willing to help you figure out how to continue to stay active, even with an injury.

Reason #4 – I have tried exercising in the past and never noticed any changes in my body

We know you need to see results to stay motivated. That's why we perform baseline fitness tests at the onset of class, and then re-test all participants twice per year. We record and maintain results for all participants, so you can track your progress.



Proud to Partner



Reason #6 – I can't afford a gym membership

Our classes are provided free to participants in most of our senior living communities. In Co-Ops and senior centers, the fee is a flat fee, paid month to month. Many participants take advantage of insurance coverage through programs such as SilverSneakers or Silver&Fit so the class is free to you.



Reason #5 - Everyone else at the gym is younger than me and it's intimidating

This is never a problem at Live 2 B Healthy® classes, so you can strike this excuse from your list right now!

Right: The 90+ Club at Realife of Phalen Village



If you have any other reasons for not exercising that we haven't covered here, feel free to talk to one of our Certified Personal Trainers so they can address your concerns directly.

If you have broken through some of your own barriers to exercise and would like to share your tips and tricks with us, please visit our [Facebook Page](#) and let us know. Your experience may help someone else make a life-changing choice for their future health.



Live 2 B Healthy
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To locate FREE local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.