



## The FUQ waiting for??

- 1) I'm too tired to workout.
- 2) I can't afford a gym.
- 3) I don't have time or I am a full time parent.
- 4) I need to be motivated to exercise.
- 5) I don't like to exercise alone.
- 6) I get bored easily and exercise is not fun.
- 7) I'm too old, fat, uncoordinated to exercise.
- 8) I've tried before or I can't stick with a program.
- 9) I don't like to workout around the opposite sex.
- 10) I don't like to sweat, or don't want to have to reapply make up.