

“I don’t have the time.” Wrong!

There are probably many different definitions of time so I will be blunt when I say this is Andrew’s definition of time and that is...

The space we are in now.

Deep huh?

Quite frankly time is relevant to the individual.

What time is it? What time should I be there? Do I have time?

How does time pertain to my health and fitness goals?

This must be the most common excuse to not exercise and/or change diet patterns. In my ten plus years as a trainer I must have heard this excuse hundreds and hundreds of times. Some may have been right but 98% have been wrong. Here are common reasons for “not having time”:

1. Family especially children
2. Work
3. Appointments
4. Laziness

Now here is the real reason we do not have time:

We fail to make time....

We, myself included, fail to make or create time. We fail to prioritize what is truly important in life. Oh, God the trainer wants me to come in more. It is not what I think but rather what you deem important in life. This concept hit me hard in life when my wife, Amy, and myself adopted our beautiful and incredibly smart daughter, Neva. I was a year into my business. When she came into my life I spent all the time I could with her. I was not doing the necessary business work to grow as well as skipping workouts. Yes, a trainer who doesn’t work out! Do not get me wrong. I am not using my child as a scapegoat for my lack of effort in fitness and my business. This was 150% on me. Why? I failed to make time.

I am always a firm believer in that if you do not love yourself you cannot love others. What an edgy statement, yes? I was not creating time. Time was an excuse. This is a great profession (personal training) but the hours can kill us. We work early and we work late. It’s what we do. Being a business owner adds a whole new dimension to the business. So how did I work around the family and business. Work when the kid is asleep and make time to get work done. That is just my life. Yours is different I know and I am not comparing but no matter what you can make time to take care of yourself (exercise and nutrition) and take care of your family. Notice I did not say work....

I think most us can agree that one of the most demanding and high pressured positions that exist in the world is the president of the United States. Doesn’t matter what side you are on you must admit that being the leader of the free world is no easy task. If anyone has a reason to not exercise and eat right it’s those guys, right? Well, George W. ran almost every day. Barack

Obama goes to the gym and shoots hoops almost daily (sometimes with a trainer). They both get up before anyone in the nation does. They take care of themselves first and foremost. See they create time not wait for it.

The point from my example and that of a president is that sometimes you must do what is uncomfortable to feel comfortable. That means getting up earlier or coming home an hour later two days a week or sliding off the couch on a weekend for one hour of exercise. Don't have time to shop for healthy food? Put it in your planner/calendar. Don't feel like cooking a meal? Plan or cook mass quantities to have leftovers.

Is work too busy? Are you doing good work or tedious work? (mea Copa on that one). Busy work doesn't necessarily mean good work. I am not saying you should do a halfhearted job but do work that is effective and smart. You are not perfect. No one is so stop trying to be perfect. Here is my order of life:

1. Be great at taking care of your body, mind, and spirit (To God or a higher power).
2. Be great at being a spouse (if not married then be great towards others)
3. Be great at being a Mom or a Dad
4. Be great at work

Notice where I put work in the totem pole. If you do not agree with that then think of this question:

Who and what will you have the longest?

Key Takeaway points:

1. If your day is too busy to work out, then wake up earlier. Just do it. It will be worth it!
2. Plan your meals the night before a busy or travel filled day. If out of town do some quick research on eating establishments in your location.
3. If literally no time to meet a trainer or hit the gym, then do a short 10-minute burst of bodyweight exercises and calisthenics. A little can go a long way.
4. Minimize sitting. Get up and move!
5. Work smart, not hard!