



# Dealing with Excuses

If you're finding it difficult to get active through walking the following tips will help you to overcome some of the excuses which we place in our own paths.

## "I just don't have the time in a day to walk"

It's only takes 30 minutes of your time to do a walk that will help to maintain your health. Just go out the door and walk, there is no extra time needed to travel to a venue or to prepare.

Try to fit walking into your daily routine or use it as an opportunity to meet a friend and catch up. Let family and friends know about your plans and ask them to support you to stick with the routine.

## "After a busy day, I'm just too tired to walk"

Try fitting in a walk when you feel most energetic, this could be early in the day. Walking will actually give you more energy. Try it out and notice the difference in your energy levels for the day.

## "I have an illness and really don't feel like walking"

Talk to your doctor about getting active at your next visit. You could also check out the health promotion organisations for advice on your illness and walking.

## "I'm really unfit and I never walk"

Walking is one of the easiest ways to get active. You can set your own pace and length of walk.

Over time you can gradually increase this.

## "I'm too old to start walking"

It's never too late to start walking. Walking regularly can help to maintain your physical health.

## "I'm overweight and wouldn't feel comfortable walking"

Combining walking and healthy eating is a really good way to lose weight. Walking is a very safe way to start to get active and people of all ages, shapes and fitness levels are embracing walking as a way to get active and shed the weight.

## "My family and friends are not interested in walking"

Chat with them about walking, its benefits and why you want to try it out. Invite them to join you, they might find they enjoy it too. Ask them to support your efforts to get active through walking.

Find a local walking group (check out our 'Support near You' webpage) and join like minded people for a walk.

## "I really just can't get motivated to get moving"

Try planning ahead arrange to meet a friend for a walk. That way you will be more likely to go rather than change your mind at the last minute.

Commit to the 21 Day Walking Challenge or any other walking challenge.





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Join a walking group, where you can support each other to get walking and keep walking.

## **“I have too many family obligations to go walking”**

Trade babysitting time with friends and neighbours.

Walk with the family. Play games like I-spy, treasure hunt, etc. while walking and everyone will enjoy the outing and get the exercise.

We hope we have included all possibilities, let us know if yours is not covered and we'll add it in!  
Email your suggestions to  
[info@getirelandwalking.ie](mailto:info@getirelandwalking.ie)

