

## Top 50 excuses for not exercising. #38 is the lamest!

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Two years ago, I started enrolling in a gym class, not because I want to **lose weight** but because I want to tone my muscles and gain some weight. At first, I was really excited. I got my trainer and I became a regular in his class for at least 2 months. Then work schedule became a hindrance, so I dropped out.

I then began to apply my exercise program at home. I thought, I can do this even without a trainer. But then, I got bored and stopped.

Valid or not, people have different reasons why they don't workout. Today, we collated 50 common, weird, and lame excuses people usually say to get away from exercising - eventhough they really want to **lose weight**.



1. You get too tired on the first few days and basically drops off because you begin to feel muscle pains.
2. "My work schedule gets crazy and just the thought of going to the gym makes it a hassle."
3. "I'm the only guy/girl in the group. Feels awkward"
4. You get bored with your **weight loss** program.
5. You want to see immediate results so you get frustrated when you see little or no progress at all
6. The color of your clothes does not match your mood.
7. "I don't have anything to wear to the gym"
8. You just had a massage yesterday and so you don't want to mess that up
9. Working out will make you sweat and ruin your hair
10. You just got a manicure - pedicure

jayma-jones



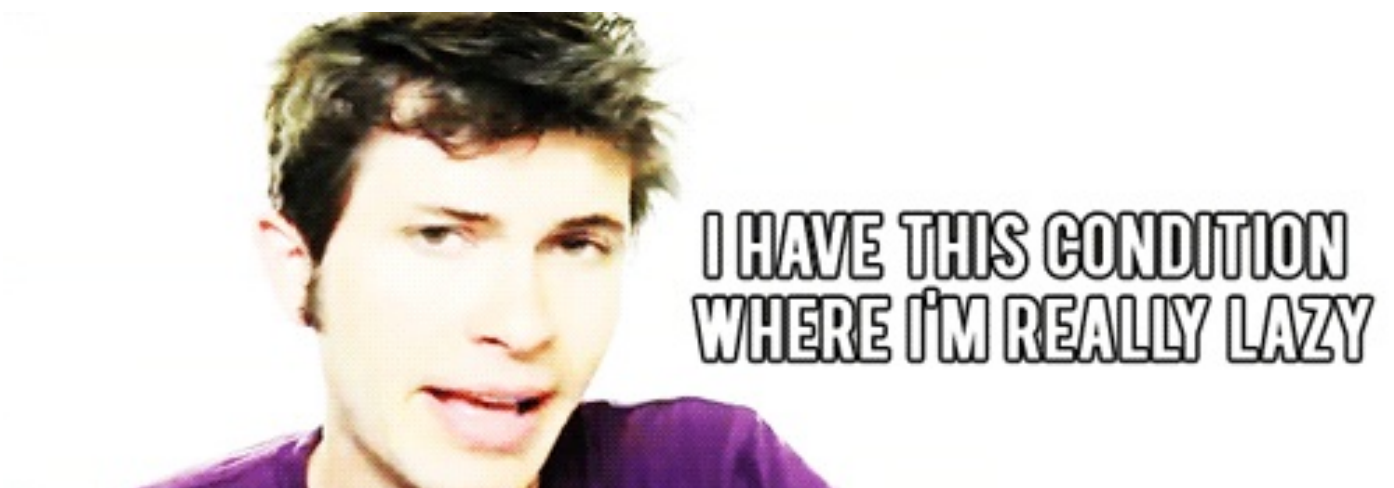
via Pinterest

11. The heat will make your false eyelashes fall off
12. You stepped on a poo so you couldn't work out on your shoes
13. "It's too hard!"
14. "I can't be seen at the gym yet"
15. "I have my monthly period"
16. "I'm going to an awesome party and don't want to be [sore](#) because I plan to do a lot of dancing. So we should cancel our session."
17. You're on a diet
18. "I'll start next Monday"
20. You get too hungry after workout. "It makes me eat more"



via Pinterest

21. "I can't work out today because [I won an Academy Award last night](#)."
22. "I don't know what to do"
23. You don't know where to start
24. "I don't need to go to the gym because I had a good workout swivelling on my office chair"
25. "I would go to the gym but I'm thin already, so if I exercise, I'll waste away"
26. Gym membership are too expensive
27. No one will look after my kids
28. "If you love me, you'll accept me for who I am - fat or not!"
29. "I'm too old"
30. "I may injure myself"



via jensbestlife.com

31. "I have arthritis"

32. You don't have any motivation to workout
33. "I don't feel very well"
34. "I feel intimidated by the fit people inside the gym"
35. "I'll just work twice as much tomorrow"
36. "My house burned down"
37. "The gym is too far"
38. "I don't want to catch a cold"
39. "I have to lose a few pounds first, because if I work out with all this weight, then my fat will get hard"
40. You went to the gym but could find a parking lot, so you left
41. You don't want your muscle to turn into fat when you stop training, so you won't start
42. You are not in the mood to train
43. Your mortal enemy is also going to the same gym
44. Your favorite show is the same schedule as your training
45. "I'm already stronger than most people I know"
46. "I'm already married, why bother?" (see excuse #28)
47. "I have to [shop](#) for my husband's birthday"
48. "I have [3 jobs](#) and only 3 hours to sleep"
49. "I once developed an embarrassing rash after using the equipment in the weight room"
50. You have so many medical conditions. "My doctor says to take it easy"

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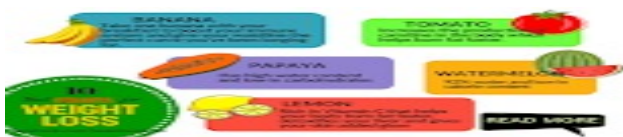
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