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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Excuses, Excuses**

**By Dr. Robert Osgoodby**

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WARNING!! Always seek the advice of a Medical Doctor before starting, or making changes in your diet or exercise program.

In today's fast paced world, sometimes it can be challenging to find the time to get to the gym to workout. I am sure you have heard many people say, "There just aren't enough hours in the day." The number one excuse for not training on a regular basis is not being able to find the time.

Ninety nine percent of all excuses are not valid! If you are serious about getting in shape, if it is a top priority, nothing will get in the way of you achieving your goal. If you want something bad enough, it is amazing what you will do to get it. Here are a few things you can do to eliminate the "I don't have time" excuse.

1. Get up an hour earlier, or stay up an hour later. Dedicate this extra hour of time to training and achieving your fitness goals. Fact: Most people spend more time sleeping than they need to. Eight or nine hours of sleep can be great, but by no means necessary to maintain your health and let you feel good.

Personally, I find it easier and more effective to get up an hour earlier and train first thing in the morning for two reasons. Training first thing in the morning increases your metabolism and keeps you burning calories at an increased rate throughout the day. Another great reason to train first thing is to eliminate the possibility of procrastination and blowing off a workout. By

the end of the day, the last thing in the world you want to do after a long day of work and responsibility is workout. Getting your training in first thing will also increase your energy level and make you feel good about yourself. It gives you a sense of accomplishment which will help you tackle the rest of your day and insane schedule with a smile.

I am sure that at least one "morning person" reading this said to themselves, "Get up an hour earlier, he must be out of his mind!" Even if you get up half an hour earlier, this equates to three and a half hours of exercise time a week that you didn't have before. With only investing a half hour a day, you can get

quick, noticeable results.

2. Put together a home exercise program for those days you just can't get to the gym. For about \$150.00, you can buy some dumbbells, a bench, and a floor mat for abdominal training. Although you can not get as thorough a workout as you could in a health club – it's better than nothing! Herschel Walker, a pro football player, has one of the best physiques around and he has never touched a weight! His workout consists of push-ups, sit-ups, and cardiovascular exercise. You can get great results sticking to the basics. Remember, consistency and intensity are your key ingredients for success.

If money is an issue and you can't afford to buy the equipment mentioned above, all you need is a VCR. There are hundreds of great video tapes designed for toning, weight loss and fat burning. If you don't want to go to a gym, this allows you to exercise in the privacy and comfort of your own home.

All exercise video tapes are designed with music as a background. Music is a powerful tool when it comes to exercise. It lifts your spirits and increases your enthusiasm. Music also takes your mind off the clock and makes your workouts seem to go faster.

Exercise to music that you enjoy. If you like music from the 50's, 60's and 70's, Richard Simmons "Sweating To The Oldies", or Cory Everson's "Step In Time" are great beginner level programs. If you like martial arts and self defense, purchase a tae bo tape.

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If you are in decent shape, semi-coordinated and like today's dance music, you can choose from several of MTV's "The Grind Workout Hip Hop Aerobics", Paula Abdul's, "Get Up And Dance", Milo Levell's "Hip Hop Body Shop", Kathy Smith's "Latin Rhythm Workout", or Christy Lane's "Funky Freestyle Dancing."

If you have two left feet like me, you will quickly be able to master Denise Austin's Xtralite Beginner's Aerobics.

All of these tapes and hundreds more are available for sale at most music and major department stores. If you want to check out a tape before you buy it, most of these video tapes can also be rented at your local video store.

Incorporating these simple principles into your daily routine will make it much easier for you to stick to the program, improve your health, and move closer to your fitness goals.

Dr. Osgoodby was a finalist in the "EAS Body for Life" Contest. Stop by his web page at [bestbodyever.com](http://bestbodyever.com) to see his before and after pictures and subscribe to his monthly newsletter.

### **Make Up Excuses Why You Can**

**By Rachelle Disbennett-Lee**

We all have excuses as to why we can't do something. Ask anyone and they can give you a million excuses why it can't be done, why they haven't moved forward on their goals, and on and on. Making up excuses takes a lot of energy and time. So since, as humans, we seem to enjoy making up excuses, I have a great idea. Let's make up excuses why we can.

Since we all are experts in making up excuses, we won't need much training in this area, just a shift of focus. Instead of focusing on what we can't do, let's focus on what we can do. Instead of coming up with all kinds of excuses why it won't work, let's focus on why it can work. Get the idea?

Instead of focusing energy on excuses that don't serve you in moving forward, make up excuses that inspire and enthruse you to do what you want to do. Excuses like "there is no time like the present, I am old enough, I am just the person to do the job, I know all the ways it can work." Actually, there are an unlimited number of excuses as to why you can. Be creative and think of as many as you like.

Coach Lee is a Certified Master Coach specializing in working with business owners and professionals in being more profitable and productive while staying sane and balanced. Coach Lee is the publisher of the award winning e-zine, 365 Days of Coaching, because life happens every day. Visit Coach Lee at her websites

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Making Excuses  
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