

Mayo Clinic Minute

Why you should stop doing exercises you hate

Video	Audio
	Let's play a game.
	Would you rather work out or get a colonoscopy?
	It should be an easy decision, but if you even hesitated to answer, you're probably like a lot of people and simply hate working out.
00:02:56	"Exercise should not be drudgery."
	Danielle Johnson is a wellness physical therapist with the Healthy Living Program at Mayo Clinic.
	She says one of the biggest reasons people don't get exercise is that they don't enjoy the workout they think they're supposed to do
00:02:02	"If you hate running, don't run. You know, you don't have to do things that you don't enjoy."
	Johnson says we should start thinking of exercise with a wider lens than just things like running or lifting weights.
	There are countless ways to get moving.
00:02:34 DANIELLE JOHNSON HEALTHY LIVING PROGRAM Mayo Clinic	"Working on mobility, flexibility is very, very important and should be part of a well-rounded program. So thinking about how do we make that happen? Have you tried yoga class? Have you tried tai chi?"
	If you like playing a sport like tennis or basketball, go play.
	Take your dog for a walk.
	Or simply play a game of catch with friends while continuously moving.
	The bottom line is you don't have to choose between running and doing nothing at all.
00:00:44	"Like I said, it doesn't have to be drudgery. You don't have to hate it."
	For the Mayo Clinic News Network, I'm Ian Roth