

Mayo Clinic Minute

Overcoming emotional barriers to working out

Video	Audio
	Everyone likes the idea of a New Year’s resolution to work out more, but convincing ourselves to follow through can be tricky.
	For many, the key is overcoming emotional barriers like lacking confidence in our appearance.
00:05:15 DANIELLE JOHNSON HEALTHY LIVING PROGRAM Mayo Clinic	“People really feel like when they see commercials on TV and they see images of people in workout gear that, you know, I don’t look like that. Maybe I don’t belong there.”
	Danielle Johnson is a wellness physical therapist with the Healthy Living Program at Mayo Clinic and says sometimes you have to adjust your thinking.
00:05:15	“We should turn that around a little bit and think to yourself, gosh, how proud am I of myself that I’m going to the gym?”
	Another common obstacle Danielle hears is that people don’t feel athletic enough.
00:07:26	“Know that there are a lot of things that you can do in a gym setting, in an outdoor setting. You just need to be excited about moving.”
	And even if you’ve tried and failed multiple times to get into working out, Johnson says try again and just find the right exercise you enjoy enough to stick with.
	For the Mayo Clinic News Network, I’m Ian Roth.