

Health Enews



New Year and New Resolutions

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It's a new year and a time when most people make resolutions related to exercise. For example: this is the year I will go to the gym at least 4 times a week; this is the year I will join a running club; this is the year that I will lose an extra 10 pounds. But, what if this year also included exercises you would be better off without?

15 Exercises We Would Be Better Off Without:

1. Jumping on the bandwagon
2. Wading through paperwork
3. Running around in circles
4. Pushing your luck
5. Spinning your wheels
6. Adding fuel to the fire
7. Beating your head against the wall
8. Climbing the walls
9. Beating your own drum
10. Dragging your heels
11. Jumping to conclusions
12. Grasping at straws
13. Fishing for compliments
14. Throwing your weight around
15. Passing the buck



Not only will you feel better emotionally, but you just might lose those extra 10 pounds that the stress of completing the above exercises will cause.