

EXERCISE EXCUSE CANTATA

A song by Ann Gerhardt MD
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New Year's Resolution Time: The usual time to decide to exercise, then to create delusional excuses not to that you think you and your doctor might believe. I put these real excuses patients tried (and failed) with me to music.

I work long days.
Gym at work is too far away.
Just can't seem to run.

I'm lazy. Day's hazy.
My daughter just had a baby.
Sweating isn't fun.

Chorus *Doctor says I have to move it*
 What's so good 'bout moving fast?
 When I get the urge to work out
 The couch holds me 'til it's past.

Busy. Stressed. No time.
Eat, sleep, work, shop, internet, TV
Can't find time to train.

I can't lift weights.
Five green aliens late one dark night
took control o' my brain.
Chorus

Pool's closed. No suit.
Don't want anyone to see me.
Chlorine makes me wheeze.

Too fat. Too skinny.
The gym smells and it is boring.
Muscles turned to cheese.
Chorus

Too tired. Need shoes.
My dog seems to have old-age blues.
Got no place to walk.

It's hot. I hurt.
Houseguests, neighbors, kids & husband
only want to talk.
Chorus

It's raining. Too windy.
Never thought of an umbrella.
Can't mix rain with sweat.

Movement makes me sick.
No amount will compensate for
pounds of fudge I ate.
Chorus

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MIND AND BODY**