
5 Things I Wish Fitness Professionals Wouldn't Say

By Michelle May, M.D.

I returned home from an early morning hike feeling invigorated! It had all the elements of an ideal workout for me: A gorgeous cool morning, a beautiful sunrise, a challenging climb, and good conversation with a friend. Pure joy!

I got home and opened my email to find this subject line: Shorts... Tanktops... Swimsuits...

Ugh! An email from my yoga studio advertising a new class. Where is the joy in that? No wonder so many people say they hate to exercise!

Although many people will never wear a bikini, we all deserve the stamina, strength, flexibility, physical and mental health, and enjoyment that exercise brings.

So, here's my list of other things I wish fitness professionals wouldn't say—and why.

Please don't say:

What: *Swimsuit season is coming!*

Why? Exercise is for fun, fitness, and health; those benefits are year-round and lifelong.

What: *Look great in those skinny jeans!*

Why? Exercise is beneficial no matter what you weigh. You don't want to scare off people who know they will never wear skinny jeans but want to be healthier.

What: *Walk off those holiday pounds!*

Why? Exercise is not punishment for eating. Nobody is motivated by punishment for long.

What: *Join in January to keep your resolution to lose weight!*

Why? Exercise is beneficial whether a person's weight changes or not. If you reinforce the belief that exercise is for weight loss, people will yo-yo exercise when they yo-yo diet.

What: *Work up a sweat so you can have dessert tonight!*

Why? Exercise should not be used to earn the right to eat.

What should fitness professional say instead? Do what you love and love what you do!



Michelle May, M.D. is a recovered yoyo dieter and the award-winning author of *Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle*. Download chapter one at <http://amihungry.com/chapter1>.