

100 Reasons to not skip your workout today

1. Because it makes you feel confident
2. Because it helps you get stronger
3. Because exercise helps combat depression
4. Because you'll feel proud of yourself
5. Because you have goals you want to reach
6. Because you'll feel bad if you don't
7. Because you want to move forward, not backward
8. Because it burns more calories than not working out
9. Because it improves your heart health
10. Because you want a great butt
11. Because it prevents diabetes
12. Because you want to be a good example to your kids
13. Because you want to feel good in your clothes
14. Because it reduces your risk of cancer
15. Because your body was made to move
16. Because you want to be an athlete
17. Because you want to look better
18. Because it lifts your mood
19. Because you want to stand taller
20. Because it reduces back pain
21. Because it feels good
22. Because it makes you feel accomplished
23. Because you spend most of your day on your butt
24. Because swimsuit season is always coming
25. Because strong is the new skinny
26. Because dieting only works so much
27. Because it strengthens your bones, too
28. Because it helps you lose weight
29. Because it allows you to eat more food
30. Because it's the best way to spend "me" time
31. Because it helps you de-stress
32. Because it's cheaper than therapy
33. Because you want a strong core
34. Because you want to take care for yourself
35. Because you take pride in your body
36. Because it strengthens your legs
37. Because it helps your clothes fit better
38. Because you want to push yourself
39. Because you are capable of more than you ever imagined
40. Because moving your body feels good
41. Because it keeps your mind sharp
42. Because it helps you beat belly bloat
43. Because it helps you sleep better at night
44. Because it gives you energy
45. Because you want to stay healthy as you age
46. Because you want to look younger
47. Because you want toned arms
48. Because it improves your balance
49. Because it burns off last night's dessert

50. Because it boosts your immune system
51. Because sweat is sexy
52. Because you want to live longer
53. Because you want to get better at your game
54. Because you want to catch someone's eye
55. Because exercisers earn more money
56. Because you're more likely to eat better when you exercise
57. Because you want to shave time off your running pace
58. Because you want to breathe easier
59. Because you want to see the scale drop
60. Because exercise improves your sex life
61. Because you are worth it
62. Because being fit makes everything in life better
63. Because you promised yourself that you would
64. Because you deserve a better life
65. Because it'll help you drink more water
66. Because you want to do real push-ups
67. Because it reduces your health care costs
68. Because you'll miss fewer days of work
69. Because you want to create a new future for yourself
70. Because it'll help you like what you see in the mirror
71. Because it'll makes clothing shopping more fun
72. Because you want to look and feel incredible
73. Because exercising can be fun
74. Because it'll give your skin a glow
75. Because it's a good way to spend time with your friends
76. Because it'll help you prevent the middle-age spread
77. Because it reduces your blood pressure
78. Because you don't want to let yourself go
79. Because you don't want to squeeze into an airplane or rollercoaster seat
80. Because it strengthens your spirit
81. Because it's a cheap way to entertain yourself
82. Because you'll be able to reward yourself
83. Because you need a reason to wear those new workout clothes
84. Because you're tired of being tired
85. Because not working out is not going to get you very far
86. Because it's a great way to spend time outside
87. Because you made a commitment to yourself
88. Because you're tired of starting over
89. Because there will always be another wedding, vacation or reunion
90. Because you're not a quitter
91. Because it improves your cholesterol
92. Because it boosts your metabolism
93. Because it prevents age-related muscle loss
94. Because if you can do this, you can do anything
95. Because a fit body is a healthy body
96. Because it beats sitting on the couch
97. Because everyone has at least 10 minutes to spare
98. Because you want to be stronger than your excuses
99. Because not working out isn't working out for you
100. Because the only workout you ever regret is the one you skip