
Time

Posted by harshads - 2008/02/19 13:08

It is a major factor in this modern world and many people start avoiding their health by giving reason "I don't have time..."etc.

So I just want to ask such people that if you are spending time to see movies,TV shows for so many hours then why can't you give your that time for your health?

I am not saying that you shouldn't watch movies and all but you should give atleast 1 hour a day for exercise.:cheer:

Have your opinions on it.

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Re:Time

Posted by angel_of_vengeance - 2008/02/20 07:23

I suppose it really depends on the determination of certain people on how they want to keep fit. Sometimes you have to agree as well that after work, it is too tiring to watch over being fit. But hey, if there's a will, there will always be a way.

Keep fit!

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Re:Time

Posted by Fatburner1 - 2008/02/20 11:07

Yeah, it's true to say that and they never bother about it until it's too late. Staying in shape is a continuous effort and time should not be used as the reason not to do it.

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Re:Time

Posted by bulletservice - 2008/02/24 02:55

Harshad you are true this problem is with me :(I use this reason for avoiding workout. Thanks buddy to remind me about this. Now I must give 1 hour to my health daily :)

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