

TIME

WHY YOU SHOULDN'T SKIP A WORKOUT

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Elizabeth Renstrom for TIME

Think of exercise as an investment in yourself

Your favorite workout pants are dirty in the hamper, your iPod is on 3%, and your bestie just texted asking you to join her at happy hour. We all have those days where getting to your workout feels more difficult than the actual exercise. **So we reached out to [Franci Cohen](#), a board certified personal trainer, nutritionist, and the creator of a cardio resistance workout, to get the scoop on why you should listen to that little voice in your head telling you to get out there and sweat.**

You Have A Cold

Running on the treadmill with a runny nose isn't ideal but, it's possible a good workout session could help you get rid of your cold. "Working out when you have a cold can actually be beneficial. It can boost immunity, and allow you to rid yourself of the invading bug a lot faster by flushing it out of the body by increased perspiration, respiration, and urination," says Cohen.

You Missed Your Workout Class

Missing Zumba class may feel like grounds to head home and hop in bed early, but use this opportunity to try something new. Catch the late cycling class or try mixing up your own workout routine. Still sad you missed Zumba? Turn on Spotify's Zumba playlist (yes, it exists) and create your own routine.

Your iPod Is Dead / You Forgot Your Headphones

Music can be a great exercise buddy, but forgetting your headphones isn't a sign to go home. Try thinking of all the reasons why you started this journey and how far you've come. Instead of throwing in the towel (literally and figuratively), use this time to clear your mind and focus on each muscle you are working on.

You Can't Find the Time

A wise person once said, "You and Beyoncé both have the same 24 hours. So no excuses." Okay, so maybe you don't have the access to trainers, dieticians, and specialty fitness routines like Beyoncé, but think of exercise as an investment in yourself. Some alone time to relieve stress and clear your head goes a long way.

Cohen suggests getting a buddy to help you fight through the days when you're "just not feeling it." Of course, be mindful and listen to your body. If you have a fever or your body feels achy, you may want to skip your workout and give your body time to rest. After all, it's all about living and feeling better.