

ABC 891 Adelaide (Adelaide)
Mornings - 16/04/2009 10:43 AM
Matthew Abraham and David Bevan
Station Phone 08 8343 4332

SMS: Ian says he stopped drinking and started exercising and says it was the worst 10 minutes of his life. Abraham says they want people's best excuse for not exercising. Hugh Kearns says we spend a lot of time trying to stop ourselves from doing something that is good for us. Maria Gardiner says we are looking for alibis to get out of it. Abraham says everyday he plans to go for a walk but never does. Gardiner talks about the 'credit card philosophy of life'. Kearns talks about the idea of having routines and having built-in commitments so it doesn't become a choice. Gardiner says it is good to do the routine with somebody else. Off-air message: John says 'No pain, no pain'. Noel says he played sport for years and says the only games he hasn't played are golf and AFL and says he found that exercise was the worst thing you could do to your body. Kearns says people should choose exercise and lifestyles that they enjoy doing. Gardiner says she's a bit worried about one of the Baldies forcing himself to eat muesli. Kearns explains why gym memberships give away and mentions the Tim Tam philosophy. Gardiner says the key is that you need to take a bit of action first before you get the motivation.

Interviewees: caller Noel; Hugh Kearns, Thinkwell and Flinders University; Maria Gardiner, Clinical Psychologist, Flinders University

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