

What stops you from being physically active?

Trying to be more physically active can be hard for many people. You are not alone!

This handout will help you think about:

- What is stopping you from being more physically active (barriers)
- How to work through these barriers

The table below lists common barriers that prevent us from being more active and offers some solutions

| Barrier | Possible Solutions |
|--|---|
| “I am just not motivated” | <ul style="list-style-type: none">• Make the decision to be active• Choose something fun• Focus on the short-term benefits, such as sleeping better and having more energy |
| “I have no time” | <ul style="list-style-type: none">• Be active for 10 minutes, three times each day• Make activity dates with yourself and keep them• Take ‘active breaks’ at work• Walk or bike to work and when doing errands |
| “Poor weather” | <ul style="list-style-type: none">• Plan ahead! Choose an indoor alternative• Focus on the fresh air and being outside• Make a list of activities for good and bad weather |
| “I feel tired and have no energy” | <ul style="list-style-type: none">• Be active when you have the most energy• Remind yourself that you will have more energy after your activity• Plan to be active with other people |
| “I feel uncomfortable” | <ul style="list-style-type: none">• Choose activities that are comfortable for you, such as walking• Be active with others you feel comfortable with (family and friends)• Don’t compare yourself to others |
| “I have no one to be active with” | <ul style="list-style-type: none">• Join an exercise class, a group or a club• Make new friends who are already active• Invite friends to be active with you |

Write down your barriers preventing you from being more active. For each reason, try to come up with a solution.

| Barrier | Possible Solution |
|---------|-------------------|
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Tips to Stay Motivated

- ✓ Write down your goals
- ✓ Share your intentions with those that can hold you accountable
- ✓ Find an activity/exercise buddy
- ✓ Plan a variety of activities
- ✓ Surround yourself with like-minded people
- ✓ Reward yourself when you achieve your goals (non-food reward)