

Suggestions for Overcoming Physical Activity Barriers*	
Barriers	Suggestions for Overcoming Barriers
Lack of time	<ul style="list-style-type: none"> ▪ Identify the available time slots or create time slots during which you are willing to give up a sedentary activity (e.g., watching television). Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity. ▪ Add physical activity to your daily routine (e.g., walk or ride your bike to school or work or shopping, organize school activities around physical activity, walk the dog, exercise while you watch TV, park farther away from your destination). ▪ Make time for physical activity (e.g., walk, jog, or swim during your lunch hour, take fitness breaks while you study, walk up and down stairs between classes). ▪ Select activities requiring minimal time, such as walking, jogging, or stair climbing.
Social influence	<ul style="list-style-type: none"> ▪ Explain your interest in physical activity to friends and family. Ask them to support your efforts. ▪ Invite friends and family members to exercise with you. Plan social activities involving exercise. ▪ Develop new friendships with physically active people. Join a group (e.g., hiking or cycling club).
Lack of energy	<ul style="list-style-type: none"> ▪ Schedule physical activity for times in the day or week when you feel energetic. ▪ Convince yourself that if you give it a chance, physical activity will increase your energy level; then, try it.
Lack of motivation	<ul style="list-style-type: none"> ▪ Plan ahead and make the commitment. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar. ▪ Invite a friend to exercise with you on a regular basis and write it on both your calendars. ▪ Join an exercise group or class.
Fear of injury	<ul style="list-style-type: none"> ▪ Learn how to warm up and cool down to prevent injury. ▪ Learn how to exercise appropriately, considering your age, fitness level, skill level, and health status. ▪ Choose activities involving minimum risk.
Lack of skill	<ul style="list-style-type: none"> ▪ Select activities requiring no new skills, such as walking, climbing stairs, or jogging. ▪ Exercise with friends who are at the same skill level as you are. ▪ Find a friend who is willing to teach you some new skills. ▪ Take a class to develop new skills.
Lack of resources	<ul style="list-style-type: none"> ▪ Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or calisthenics. ▪ Identify inexpensive, convenient resources available in your community (e.g., community education programs, park and recreation programs, worksite programs).
Weather conditions	<ul style="list-style-type: none"> ▪ Develop a set of regular activities that are always available regardless of weather (e.g., indoor cycling, aerobic dance, indoor swimming, calisthenics, stair climbing, rope skipping, mall walking, dancing, gymnasium games). ▪ Look on outdoor activities that depend on weather conditions (e.g., cross-country skiing, snowshoeing, skating, outdoor swimming, outdoor tennis) as “bonuses”—extra activities possible when weather and circumstances permit.
Travel	<ul style="list-style-type: none"> ▪ Put a jump rope in your suitcase and jump rope. ▪ Walk the halls and climb the stairs in hotels. ▪ Stay in places with swimming pools or exercise facilities. ▪ Join the YMCA or YWCA (ask about reciprocal membership agreement). ▪ During gas station stops, take exercise breaks. ▪ Bring your favourite music that motivates you.
Family involvement	<ul style="list-style-type: none"> ▪ Exercise with your brother or sister when babysitting (e.g., go for a walk together, play tag or other running games, get an aerobic dance DVD for kids and exercise together). You can spend time together and still get your exercise. ▪ Find ways to be active around your home with others (e.g., shoot hoops on the driveway, play tennis at a nearby tennis court, go for a bicycle ride with a friend, play with siblings, do household chores such as mowing the lawn).

* Source: Centers for Disease Control and Prevention. "Overcoming Barriers to Physical Activity." *Physical Activity for Everyone*. 22 May 2007. <www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm>. Adapted with permission.

RM 5–FM: Barriers to Being Active Quiz* ***What Keeps You from Being More Active?***

Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and indicate how likely you are to say each of the following statements. (Circle the applicable number for each statement.)

How likely are you to say?	Very Likely	Somewhat Likely	Somewhat Unlikely	Very Unlikely
1. My day is so busy now, I just don't think I can make the time to include physical activity in my regular schedule.	3	2	1	0
2. None of my family members or friends likes to do anything active, so I don't have a chance to exercise.	3	2	1	0
3. I'm just too tired after school or work to get any exercise.	3	2	1	0
4. I've been thinking about getting more exercise, but I just can't seem to get started.	3	2	1	0
5. Exercise can be risky.	3	2	1	0
6. I don't get enough exercise because I have never learned the skills for any sport.	3	2	1	0
7. I don't have access to jogging trails, swimming pools, bike paths, etc.	3	2	1	0
8. Physical activity takes too much time away from other commitments—time, work, family, etc.	3	2	1	0
9. I'm embarrassed about how I will look when I exercise with others.	3	2	1	0
10. I don't get enough sleep as it is. I just couldn't get up early or stay up late to get some exercise.	3	2	1	0
11. It's easier for me to find excuses not to exercise than to go out to do something.	3	2	1	0
12. I know of too many people who have hurt themselves by overdoing it with exercise.	3	2	1	0
13. I really can't see learning a new sport.	3	2	1	0
14. It's just too expensive. You have to take a class or join a club or buy the right equipment.	3	2	1	0
15. My free times during the day are too short to include exercise.	3	2	1	0
16. My usual social activities with family or friends do not include physical activity.	3	2	1	0
17. I'm too tired during the week and I need the weekend to catch up on my rest.	3	2	1	0

Continued

* Source: Centers for Disease Control and Prevention. "Barriers to Physical Activity Quiz." *Physical Activity for Everyone: Overcoming Barriers to Physical Activity*. <www.cdc.gov/nccdphp/dnpa/physical/life/barriers_quiz.pdf>. Adapted with permission.

RM 5–FM: Barriers to Being Active Quiz (Continued)

How likely are you to say?	Very Likely	Somewhat Likely	Somewhat Unlikely	Very Unlikely
18. I want to get more exercise, but I just can't seem to make myself stick to anything.	3	2	1	0
19. I'm afraid I might injure myself.	3	2	1	0
20. I'm not good enough at any physical activity to make it fun.	3	2	1	0
21. If we had exercise facilities and showers at school or at work, then I would be more likely to exercise.	3	2	1	0

Scoring

Follow these instructions to score yourself:

- In the spaces provided below, enter the number you circled for the applicable questions (on the quiz), recording the circled number for statement 1 on line 1, statement 2 on line 2, and so on.
- Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

_____	+	_____	+	_____	=	_____
1		8		15		Lack of time
_____	+	_____	+	_____	=	_____
2		9		16		Social influence
_____	+	_____	+	_____	=	_____
3		10		17		Lack of energy
_____	+	_____	+	_____	=	_____
4		11		18		Lack of willpower
_____	+	_____	+	_____	=	_____
5		12		19		Fear of injury
_____	+	_____	+	_____	=	_____
6		13		20		Lack of skill
_____	+	_____	+	_____	=	_____
7		14		21		Lack of resources