

MAY 2021

Overcome Top 7 Barriers to Being Active

Overcoming Barriers to Physical Activity

1

Barrier: *I don't have time to be physically active.*

Solution: Monitor your daily activity for a week and identify 30 minutes in your day where you can add physical activity, or increase your daily walking by taking the stairs and parking farther away from your destinations.

2

Barrier: *I'm tired when I finish working.*

Solution: Find time during the day to go for a walk. Use part of your lunch break or go for a brief walk first thing in the morning to start your day.

3

Barrier: *I have small children and it's difficult to find time to myself for exercise.*

Solution: Make a commitment to yourself by trading babysitting time with friends and family, or get your children involved!

4

Barrier: *I don't know the first thing about exercise.*

Solution: Pick something, like walking, that doesn't require a new skill.

5

Barrier: *I have no motivation.*

Solution: Schedule a day and time to move each week with a friend to keep you accountable.

6

Barrier: *Lack of Energy*

Solution: Schedule activity for times in the day or week when you feel most energized.

7

Barrier: *Gyms and fitness classes are expensive and/or closed.*

Solution: Identify inexpensive resources available like walking in the park or free online classes.

Way to Increase Your Daily Movement

- Look for opportunities to reduce sedentary time. For example, instead of sitting or lying down, do some stretching or strength exercises while watching TV
- Walk for 20-30 minutes immediately before or after work. You can listen to music to give you some energy or simply enjoy the sounds around you
- Set a timer on your phone once an hour to step away from your desk and take a brief lap around the house or office to get your blood pumping and loosen stiff muscles
- Stand up or walk during conference calls when possible
- Set aside specific time in the morning to be physically active, stretch, or do yoga
- Ask your spouse or a friend to go for a walk with you twice a week