

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 new skill.

5

**Barrier:** *I have no motivation.*

**Solution:** Schedule a day and time 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 do some stretching or strength exercises while watching TV.
- Walk for 20-30 minute immediately before or after work
- Set a timer on your phone once an hour to get up from your desk and take a brief lap around the house or office
- 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 friend to go for a walk with you twice a week