

## Overcoming Barriers to Physical Activity

### ■ Personal Barriers

Aside from the many technological advances and conveniences that have made our lives easier and less active, many personal variables, including physiological, behavioral and psychological factors, may affect our plans to become more physically active. In fact, the 10 most common reasons adults cite for not adopting more physically active lifestyles are (Sallis and Hovell, 1990; Sallis et al., 1992):

- Do not have enough time to exercise
- Find it inconvenient to exercise
- Lack self-motivation
- Do not find exercise enjoyable
- Find exercise boring
- Lack confidence in ability to be physically active (low self-efficacy)
- Fear being injured or have been injured recently
- Lack self-management skills, such as the ability to set personal goals, monitor progress or reward progress toward such goals
- Lack encouragement, support or companionship from family and friends, and
- Do not have parks, sidewalks, bicycle trails or safe and pleasant walking paths convenient to homes or offices.

### ■ How can I figure out which barriers affect me most?

The *Barriers to Being Active* quiz can help you identify the types of physical activity barriers that are undermining your ability to make regular physical activity an integral part of your life. The quiz calculates a score in each of seven barrier categories. Once you've taken the quiz and identified which barriers affect you the most, look at the tables following for suggestions on how to overcome them.

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### ■ Suggestions for Overcoming Physical Activity Barriers

#### Lack of time

- **Identify available time slots.** 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.** For example, walk or ride your bike to work or shopping, organize school activities around physical activity, walk the dog, exercise while you watch TV, park farther away from your destination, etc.
- **Make time for physical activity.** For example, walk, jog or swim during your lunch hour, or take fitness breaks instead of coffee breaks.
- **Select activities requiring minimal time,** such as walking, jogging or stairclimbing.

#### Social influence

- **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, such as the YMCA/YWCA or a hiking club.

#### Lack of energy

- **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.**

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### Lack of motivation

- **Plan ahead.** 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

- **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

- **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

- **Select activities that require minimal facilities or equipment,** such as walking, jogging, jumping rope or calisthenics.
- **Identify inexpensive, convenient resources available in your community** (community education programs, park and recreation programs, worksite programs, etc.).

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### Weather conditions

- **Develop a set of regular activities that are always available regardless of weather** (indoor cycling, aerobic dance, indoor swimming, calisthenics, stair climbing, rope skipping, mall walking, dancing, gymnasium games, etc.)
- **Look on outdoor activities that depend on weather conditions** (cross-country skiing, outdoor swimming, outdoor tennis, etc.) as "bonuses"—extra activities possible when weather and circumstances permit.

### Travel

- **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).
- **Visit the local shopping mall and walk for a half-hour or more.**
- **Bring a small tape recorder and your favorite aerobic exercise tape.**

### Family obligations

- **Trade babysitting time with a friend, neighbor or family member who also has small children.**
- **Exercise with your children—go for a walk together, play tag or other running games, get an aerobic dance or exercise tape for children (there are several on the market) and exercise together.** You can spend time together and still get your exercise.
- **Hire a babysitter and look at the cost as a worthwhile investment in your physical and mental health.**
- **Jump rope, do calisthenics, ride a stationary bicycle or use other home gymnasium equipment while the children are busy playing or sleeping.**
- **Try to exercise when the children are not around** (e.g., during school hours or their nap time).
- **Encourage exercise facilities to provide child-care services.**

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### Retirement years

- **Look upon your retirement as an opportunity to become more active instead of less.** Spend more time gardening, walking the dog and playing with your grandchildren. Children with short legs and grandparents with slower gaits are often great walking partners.
- **Learn a new skill you've always been interested in,** such as ballroom dancing, square dancing, or swimming.
- **Now that you have the time, make regular physical activity a part of every day.** Go for a walk every morning or every evening before dinner. Treat yourself to an exercycle and ride every day while reading a favorite book or magazine.

*Source: Department of Health and Human Services Centers for Disease Control and Prevention; Physical Activity for Everyone: Making Physical Activity Part of Your Life*

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