

## H2-1 Overcoming Barriers to Physical Activity

**Lack of Time** • *Solution:* By closely monitoring all of your daily activities throughout the week, it is likely you will find time for three 30-minute physical activity sessions. Try waking up a half-hour earlier to walk your dog, getting off a stop earlier when riding the bus or subway and walking the rest of the way, and climbing the stairs instead of an escalator the next time you are on one.

**Lack of Energy** • *Solution:* Try scheduling your physical activities during the time of day when you have the most energy. A simple walk around the block is better than nothing; every little bit counts. After you have given movement a chance, you will find that your energy levels will increase.

**Boredom** • *Solution:* Try a social activity you can do with a friend or family member to make exercise more enjoyable and to provide social support. Try different forms of physical activity such as yoga, cardio dance, kayaking, sledding, water sports, or rollerblading to keep activities exciting.

**Fear of Injury** • *Solution:* It is important to choose an activity that has minimal risk of injury. Learn the proper ways of warming up and the precautions to take during physical activity. Depending on your age, current activity level, skill level, and health status, your plan will vary.

**Lack of Skill or Coordination** • *Solution:* Try activities that you are already familiar with. Walking, jogging, climbing stairs, and perhaps biking are probably activities that you already engage in on a daily basis. Just raise the intensity a bit and pick up the pace to start burning calories faster!

**Guilt Over Taking Time from Family for Physical Activity** • *Solution:* Find a compromise you can adjust to. Try using your lunch hour at work or getting up early before the kids wake up for a brisk walk or jog. Other suggestions are to be active with your family by playing games such as tag or taking the family on a nature hike.

**Inhibition** • *Solution:* Stay at home. Walk around your house and yard as much as possible. Try keeping the cleaning supplies far from the area that is being cleaned so you need to move more. Gardening or any other kind of yard work can be an effective way to become more active.

**Expense** • *Solution:* Use whatever you already have available. Go for a walk or jog, jump rope, or try some stair climbing. Also, look for convenient, free resources available in your community, such as park and recreation program and worksite programs.