

OVERCOMING EXERCISE BARRIERS

Common Barriers to Exercise:

- Lack of time, energy, support, motivation, or enjoyment
- Lack of skills or access
- Self-consciousness
- Health conditions or injury
- Weather and travel constraints



Questions to Reflect On:



- What typically keeps me from exercising?
- Can I fit an activity easily into my day?
- Do I enjoy certain activities?
- Would I prefer to exercise alone or with others?

Strategies to Overcome Barriers:

- Lack of time: Incorporate exercise into daily activities
- Lack of energy: Start small and gradually increase activity.
- Lack of support: Join a group, class, or find a workout buddy.
- Lack of motivation: Set personal goals, switch up routines, and track progress.
- Lack of enjoyment: Choose fun, unique activities
- Lack of skills: Seek beginner-friendly activities or professional guidance.
- Self-consciousness: Focus on personal growth, or choose solitary activities.
- Health issues: Consult a doctor for safe activity recommendations.
- Weather: Explore indoor options or prepare for different weather conditions.
- Travel: Plan workouts during trips



FAMILY &
COMMUNITY HEALTH

