



PHYSICAL ACTIVITY BARRIERS

What keeps you from being more physically active? Maybe you are too busy at work. Or perhaps your kids or other loved ones need you and they come first. Brainstorm all the reasons you are not more physically active and write down what comes to mind. Nothing is too big or too small. Some examples include: "Not enough time," "Don't like to sweat," and "Too out of shape."

A. Physical activity barriers

B. Prioritize your barriers from the biggest to the smallest

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

C. Pick one barrier and come up with a way to get around it. Be creative! List your ideas below:

Now pick one of your ideas and try it for a week. If after a week it didn't work, try another strategy. Keep trying new ideas until you find some that help you overcome your barriers.