



Physical Activity Barriers and Helpful Tips

I DON'T HAVE ENOUGH TIME...

Staying active isn't about a strict exercise program; it's about moving your body more!

TIP: You can meet your FAN physical activity goal of 150 minutes of moderate-intensity physical activity per week by doing three 10 minute bouts of activity per day, five days a week.

I'M FEELING TIRED...

There will be times when you feel too tired to be active, but many find that activity may increase their energy. **TIP:** Try building a few simple activities into your day by walking for 10 minutes. If you enjoy what you do, you will discover more energy.

I DON'T LIKE TO SWEAT...

Sweating is your body's way of cooling you off. **TIP:** Try walking in the early morning or evening when it is cooler. **TIP:** Walk in an air-conditioned environment or carry a towel.

I DON'T HAVE ANYWHERE TO BE ACTIVE...

Sometimes your environment may keep you from being active. **TIP:** Walk in the house or go to the mall. Use stairs instead of the elevator. **TIP:** Start a walking club in your church or neighborhood. **TIP:** Try renting a workout video from your library.

I DON'T HAVE A PARTNER...

It can be fun to be active with someone else, but don't quit because your regular partner does. **TIP:** Find another partner or take the time to talk with God, walk the dog, listen to music on a headset, or reflect on your day.

I HAVE A HEALTH CONDITION...

Health problems may make physical activity more difficult when you begin. But over time, these health conditions can improve. Be sure to check with your healthcare provider before starting your program. **TIP:** Start low, go slow, build up and each day should become easier.

I DON'T THINK EXERCISE IS SAFE...

Activities such as brisk walking are safe for most people! But if you have a health condition, haven't been active in a long time, or are over the age of 65, talk with your doctor to be on the safe side. **TIP:** Again, start low and go slow so you don't overdo it.

I DON'T NEED TO LOSE WEIGHT...

Regardless of your weight or body size, being physically active is important for your health. **TIP:** Focus on how exercise is making you healthier, regardless of whether you lose any weight.