

Overcoming Barriers

Getting physical activity into your daily routine can be a challenge. It's easy to find a reason not to, or to get distracted by life's other demands. Everyone's different; what specific barriers keep you from achieving your physical activity goals? Print out and use the chart below to write down what your barriers are, and then list ideas that can help you move past them.

Barriers	Ideas to Get Around Barriers
I'm scared to walk in my neighborhood after dark.	Walk inside the house instead. Or, play an exercise DVD and follow along. Or, dance around the house to your favorite music.
Work wears me out, and I'm just too tired when I get home to exercise.	You can fit in three 10-minute walks per day during the course of the day. Walk around your office or factory building.
It gets too cold in the winter to walk outside.	Take advantage of an indoor mall near you and walk through it. You can even take a friend or family member window-shopping. Or, you can walk up and down your stairs at home.