

QUESTIONS TO ASK YOURSELF ABOUT YOUR EXERCISE AND PHYSICAL ACTIVITY BARRIERS

Chances are, you know you should be more active, but find it hard to fit exercise and physical activity into your life. So many things, or barriers, can get in the way of being active.

What barriers keep me from starting or continuing to be active on a regular basis? **(Select all that apply.)**

I do not have enough time to exercise.

I fear being injured or have been injured recently.

I do not find exercising to be convenient.

I do not have barriers to overcome.

I am not motivated to exercise.

Other: _____

I do not enjoy exercising.

I do not live close to or have access to parks, sidewalks, bicycle trails or safe walking paths.

What are three strategies I could use to overcome these barriers?

1. _____

2. _____

3. _____

