

Overcoming Barriers to Physical Activity

To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. Many people experience personal barriers when it comes to engaging in physical activity. Understanding common barriers to physical activity and creating strategies to overcome them may help you make physical activity part of your daily life.



Being active can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Overweight and obesity

Starting slowly is safe for most people. Not sure? Consult with a health-care professional.

Barrier	Suggestions for Overcoming Physical Activity Barriers
Lack of time	Identify available time slots. Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity.
	Add physical activity to your daily routine. For example, walk or ride your bike to work or shopping, organize school activities around physical activity, walk the dog, exercise while you watch TV, park farther away from your destination, etc.
	Select activities requiring minimal time, such as walking, jogging, or stairclimbing.
Social influence	Explain your interest in physical activity to friends and family. Ask them to support your efforts.
	Invite friends and family members to exercise with you. Plan social activities involving exercise.
	Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.
Lack of energy	Schedule physical activity for times in the day or week when you feel energetic.
	Convince yourself that if you give it a chance, physical activity will increase your energy level; then, try it.
Lack of motivation	Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar.
	Invite a friend to exercise with you on a regular basis and write it on both your calendars.
	Join an exercise group or class.

Fear of injury	Learn how to warm up and cool down to prevent injury.
	Learn how to exercise appropriately considering your age, fitness level, skill level, and health status.
	Choose activities involving minimum risk.
Lack of skill	Select activities requiring no new skills, such as walking, climbing stairs, or jogging.
	Take a class to develop new skills.
Lack of resources	Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or calisthenics.
	Identify inexpensive, convenient resources available in your community (community education programs, park and recreation programs, worksite programs, etc.).
Weather conditions	Develop a set of regular activities that are always available regardless of weather (indoor cycling, aerobic dance, indoor swimming, calisthenics, stair climbing, rope skipping, mall walking, dancing, gymnasium games, etc.)
Travel	Put a jump rope in your suitcase and jump rope.
	Walk the halls and climb the stairs in hotels.
	Stay in places with swimming pools or exercise facilities.
	Join the YMCA or YWCA (ask about reciprocal membership agreement).
	Visit the local shopping mall and walk for half an hour or more.
	Bring your mp3 player your favorite aerobic exercise music.
Family obligations	Trade babysitting time with a friend, neighbor, or family member who also has small children.
	Exercise with the kids-go for a walk together, play tag or other running games, get an aerobic dance or exercise tape for kids (there are several on the market) and exercise together. You can spend time together and still get your exercise.
	Jump rope, do calisthenics, ride a stationary bicycle, or use other home gymnasium equipment while the kids are busy playing or sleeping.
	Try to exercise when the kids are not around (e.g., during school hours or their nap time).
Retirement years	Look upon your retirement as an opportunity to become more active instead of less. Spend more time gardening, walking the dog, and playing with your grandchildren. Children with short legs and grandparents with slower gaits are often great walking partners.
	Learn a new skill you've always been interested in, such as ballroom dancing, square dancing, or swimming.
	Now that you have the time, make regular physical activity a part of every day. Go for a walk every morning or every evening before dinner. Treat yourself to an exercycle and ride every day while reading a favorite book or magazine.

