

# 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.)

- |  |  |
|--|--|
| <input type="checkbox"/> I do not have enough time to exercise.  | <input type="checkbox"/> I fear being injured or have been injured recently. |
| <input type="checkbox"/> I do not find exercising to be convenient.  | <input type="checkbox"/> I do not have barriers to overcome.                 |
| <input type="checkbox"/> I am not motivated to exercise.   | <input type="checkbox"/> Other:  |
| <input type="checkbox"/> I do not enjoy exercising.  | _____  |
| <input type="checkbox"/> 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. \_\_\_\_\_