

Overcoming Barriers to Getting Physically Active

The Barrier	The Solution
I don't have enough time	<ul style="list-style-type: none"> • Pay attention to how you spend your time for a week and then identify small time slots (even 10 minutes!) that you could fit physical activity into. • Pick activities that don't take as much time like walking or running. • Incorporate it into your routine. For example, park farther away from where you need to go, incorporate walks into your social activities, walk or bike to work.
I don't have energy	<ul style="list-style-type: none"> • Remind yourself that physical activity actually will <i>increase</i> your energy levels. • Plan ahead and write it on your calendar.
I'm just not motivated	<ul style="list-style-type: none"> • Schedule exercise dates with a friend. • Join an exercise group. • Sign up for a race. • Make a commitment to exercising out loud to someone else. • Do a daily step challenge with a friend or coworker using a pedometer or an app on your phone.
I don't have the right skills/I'm going to get hurt	<ul style="list-style-type: none"> • There are lots of exercises that require no skill such as walking, running, or stair climbing. • Take an exercise class to learn how to exercise most effectively and prevent injury.
I can't afford a gym membership	<ul style="list-style-type: none"> • You can do activities like walking, running, dancing, and stair climbing anywhere with nothing more than a pair of sneakers. • Buy an exercise video or use exercise videos available online. • Identify inexpensive programs available in your community. For example, many cities offer free exercise classes in community parks, especially during the summer. • There are often free or inexpensive community exercise programs specifically for Veterans.
The weather is never right	<ul style="list-style-type: none"> • Think of activities that are not weather dependent such as indoor exercise classes, indoor swimming, stair climbing, mall walking, etc.
There is no way to exercise when I travel	<ul style="list-style-type: none"> • You can walk anywhere even if it's just up and down a hallway. • Stay at hotels with an indoor swimming pool or gym.
I have too many family obligations	<ul style="list-style-type: none"> • Exercise with your kids! For example, go on walks together, play tag, have a dance party. • Take advantage of nap and bedtime to do an exercise video. • Trade babysitting with another mom.