

## Barriers to Physical Activity Q

Barriers	<b>Step 1.</b> Rate the importance of each perceived barrier to engaging in sufficient physical activity from 1-10										C/A	S/L
Perceived barriers	Perceived as: No barrier whatsoever <span style="float: right;">Major Barrier</span>										2.	3.
Previous negative experience with physical activity	1	2	3	4	5	6	7	8	9	10		
Lack of time	1	2	3	4	5	6	7	8	9	10		
Cost of activity	1	2	3	4	5	6	7	8	9	10		
Lack of energy	1	2	3	4	5	6	7	8	9	10		
Lack of knowledge	1	2	3	4	5	6	7	8	9	10		
Lack of motivation	1	2	3	4	5	6	7	8	9	10		
Lack of skills	1	2	3	4	5	6	7	8	9	10		
Feeling uncomfortable (intimidated in exercise surroundings)	1	2	3	4	5	6	7	8	9	10		
Fear of injury (or re-injury)	1	2	3	4	5	6	7	8	9	10		
Fear of making an existing illness worse	1	2	3	4	5	6	7	8	9	10		
How I see my body	1	2	3	4	5	6	7	8	9	10		
Failure to achieve goals in previous attempts to become active	1	2	3	4	5	6	7	8	9	10		
Know that I can't achieve the results I want so why bother	1	2	3	4	5	6	7	8	9	10		
Lack of access to opportunities such as nearby facilities	1	2	3	4	5	6	7	8	9	10		
Keep talking myself out of it	1	2	3	4	5	6	7	8	9	10		
Lack of safe places	1	2	3	4	5	6	7	8	9	10		
Lack of child care	1	2	3	4	5	6	7	8	9	10		
Lack of a partner	1	2	3	4	5	6	7	8	9	10		
Lack of available and suitable programs at my level	1	2	3	4	5	6	7	8	9	10		
Lack of support from others	1	2	3	4	5	6	7	8	9	10		
Lack of transportation	1	2	3	4	5	6	7	8	9	10		
Have other areas in my life that I feel must take priority in my day	1	2	3	4	5	6	7	8	9	10		
Don't feel that I have the ability to exercise at a sufficient level for it to be worthwhile	1	2	3	4	5	6	7	8	9	10		
Pain when I exercise	1	2	3	4	5	6	7	8	9	10		
Other (identify)	1	2	3	4	5	6	7	8	9	10		
<b>CHRONIC vs. ACUTE barriers</b>	<b>Step 2.</b> Look at each response over '5' and ask yourself "Is this barrier around all the time 'C' or just once in awhile 'A'?" In column 2. mark the corresponding C or A beside that barrier.											
<b>SEDENTARY vs. LESS ACTIVE outcomes</b>	<b>Step 3.</b> Look at the same "over 5" responses and ask yourself, "When it's around does this barrier stop me from exercising altogether 'S', or just less than normal 'L'?" In column 3. mark the corresponding S or L beside that barrier.											

**Goal** to shift your 'C' chronic (always there) barriers toward 'A' acute (just around once in awhile) barriers, and during *stressful* or *busy* times, rather than 'S' stopping activity all together, **goal** to keep active, even if it's 'L' less than normal.

Re-assess your barriers in 6 months and note changes. Successful change comes from you!

## Barriers to Physical Activity Q – *pause and reflect*

1. As you went through the list above, were there any barriers that really stood out for you, as things, for example, that you might not have considered as barriers? **Y** **N**

If Yes, which one(s)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Many people have difficulty getting physically active. *Identification of key barriers to getting active can be a step in the right direction.* List your “top three” barriers to physical activity and brain storm a possible “path around each barrier”

**Barrier #1** \_\_\_\_\_

Possible path #1 \_\_\_\_\_  
\_\_\_\_\_

**Barrier #2** \_\_\_\_\_

Possible path #2 \_\_\_\_\_  
\_\_\_\_\_

**Barrier #3** \_\_\_\_\_

Possible path #3 \_\_\_\_\_  
\_\_\_\_\_

“Remember that on your path to better health and fitness, *today is a new day.* You can make positive changes (even small ones) EVERYDAY that will keep you heading in the right direction.

*Rather than “put it off” until tomorrow, make a decision to use TODAY as an opportunity to “add on” an effort at physical activity.”*

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