

# How to Overcome Barriers to Exercise

Let's be honest: We've all had those moments when exercise was one of the least important (or most undesirable) items on our "to do" list. Exercise is a choice and a "must," and nobody can *make* you do it but yourself! The next time you confront one of the following obstacles, fight back with the solutions provided below.

BARRIER	SOLUTIONS
<b>Not enough time (too busy)</b>	<ul style="list-style-type: none"> <li>● Reset priorities.</li> <li>● Have a set time daily to exercise.</li> <li>● Exercise before work or on a lunch break.</li> <li>● Walk dog twice a day (whether you have one or not!).</li> <li>● Increase activity in daily lifestyle: mow, rake, garden, mop, clean home, etc.</li> <li>● Start your day with exercise for consistency.</li> <li>● Split it up into two 15-minute brisk walks a day.</li> <li>● Schedule "walk and talk" visits/meetings with others.</li> </ul>
<b>Family responsibilities</b>	<ul style="list-style-type: none"> <li>● Share duties; get family involved with exercise.</li> <li>● Walk, bike, play tennis and volleyball together.</li> </ul>
<b>Inconvenient or inaccessible gym/facilities</b>	<ul style="list-style-type: none"> <li>● Get home equipment; go to the mall, local recreation centers, school track, neighborhood, YMCA, pools, classes, trails, parks, stairwells, long corridors, parking lots, etc.</li> </ul>
<b>Too tired</b>	<ul style="list-style-type: none"> <li>● Exercise earlier in the day—it will likely give you needed "pep."</li> </ul>
<b>Too out of shape</b>	<ul style="list-style-type: none"> <li>● Go slow. Take one day/step at a time.</li> </ul>
<b>Don't like to sweat</b>	<ul style="list-style-type: none"> <li>● Set up fan on bike/treadmill; swim; mall-walk; enjoy water-aerobics.</li> <li>● Split it up (three 10-minute walks).</li> </ul>
<b>Not enough energy</b>	<ul style="list-style-type: none"> <li>● It gives you energy and time back. See yourself as a recreational athlete.</li> </ul>
<b>Lack of interest</b>	<ul style="list-style-type: none"> <li>● Try a new activity; exercise while reading, watching TV, visiting with friend(s), walking a dog.</li> <li>● Make it fun—consider it "play time" (like kids!).</li> <li>● Get the right shoes and comfortable clothes to walk.</li> </ul>
<b>Home distractions</b>	<ul style="list-style-type: none"> <li>● Change into workout clothes before you leave work. Be "ready to go" for exercise en route (park, gym, school/track, mall), or exercise as soon as you arrive home or before going in!</li> <li>● Keep shoes/clothes in car for use anytime.</li> </ul>

Source: Copyright 2006, The Cooper Clinic Solution to the Diet Revolution by Georgia Kostas, MPH, RD., Page 152  
 Reprinted with permission for educational purposes only. Book available at [www.georgiakostas.com](http://www.georgiakostas.com) or 214.587.4241.



Visit our Healthy Living page at [www.HealthNetFederalServices.com](http://www.HealthNetFederalServices.com)  
 Provided by Health Net Federal Services ♥ Preventive Care Services



BARRIER	SOLUTIONS
<b>Excessive expectations</b>	<ul style="list-style-type: none"> <li>● Get real. Be reasonable and realistic with your goals and program.</li> <li>● Don't let a slip-up in your routine make you give up. Just move (and lose!).</li> </ul>
<b>Weather (cold, hot, rain)</b>	<ul style="list-style-type: none"> <li>● Gyms, malls and indoor classes/equipment override the weather!</li> <li>● At home: try exercise videotapes, stairs, etc.</li> </ul>
<b>Bored</b>	<ul style="list-style-type: none"> <li>● Vary your program: walk, bike, kick-box, etc.</li> <li>● Listen/watch your favorite programs (radio, TV, video) while exercising.</li> <li>● Join recreational classes and teams. Ideas: dancing, bowling, softball teams, Spin classes, tennis lessons, water aerobics, volleyball groups, etc.</li> <li>● Create recreational physical activities such as gardening, horseback riding, dancing, volksmarching groups, hiking or biking groups; weekend charitable walks and races.</li> </ul>
<b>Travel a lot</b>	<ul style="list-style-type: none"> <li>● Use hotel/airport long corridors and stairwells and exercise facilities; walk malls; sight-see on foot; use hotel pool.</li> <li>● Have a personal trainer show you exercises for easy packing: exercise bands, ankle weights, aqua weights.</li> </ul>
<b>Not prepared</b>	<ul style="list-style-type: none"> <li>● Keep gym bag/shoes in car trunk at all times.</li> <li>● Sleep in workout clothes. The next morning, hop out of bed, into your shoes and out the door! (OK, brush your teeth first!)</li> <li>● Be prepared daily to exercise!</li> </ul>

### WHY EXERCISE?

According to a 1997 Discovery Health Media poll ([www.discoveryhealth.com](http://www.discoveryhealth.com)), people exercise for the following reasons:

**22% to feel good physically**

**16% aerobic/cardio fitness**

**11% to control/lose weight**

**7% to stay healthy**

**6% to build strength/stamina**

**5% to look good**

*“Do what you can, with what you have, with where you are.”*

*--Theodore Roosevelt*

Source: Copyright 2006, The Cooper Clinic Solution to the Diet Revolution by Georgia Kostas, MPH, RD. Page 153  
Reprinted with permission for educational purposes only. Book available at [www.georgiakostas.com](http://www.georgiakostas.com) or 214.587.4241.



Visit our Healthy Living page at [www.HealthNetFederalServices.com](http://www.HealthNetFederalServices.com)  
Provided by Health Net Federal Services ♥ Preventive Care Services

