



## TIP OF THE WEEK

### Overcoming Barriers to Physical Activity

*"If you can find a path with no obstacles, it probably doesn't lead anywhere."* — Anonymous

Given the health benefits of regular physical activity, we might have to ask why two out of three (60%) Americans are not active at recommended levels. There are barriers that keep Americans from being, or becoming, regularly physically active. Understanding common barriers to physical activity and creating strategies to overcome them may help you make physical activity part of your daily life.

Suggestions for Overcoming Physical Activity Barriers	
<b>Lack of time</b>	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.
	Make time for physical activity. For example, walk, jog, or swim during your lunch hour, or take fitness breaks instead of coffee breaks.
	Select activities requiring minimal time, such as walking, jogging, or stairclimbing.
<b>Social influence</b>	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.
<b>Lack of energy</b>	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.
<b>Lack of motivation</b>	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.

For additional *Suggestions for Overcoming Physical Activity Barriers* from Center for Disease Control and Prevention, please visit: [www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm](http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm)