

WHAT KEEPS YOU FROM BEING MORE ACTIVE?

Directions: Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and indicate how likely you are to say each of the following statements:

| How likely are you to say? | Very likely | Somewhat likely | Somewhat unlikely | Very unlikely |
|---|-------------|-----------------|-------------------|---------------|
| 1. My day is so busy now, I just don't think I can make the time to include physical activity in my regular schedule. | 3 | 2 | 1 | 0 |
| 2. None of my family members or friends like to do anything active, so I don't have a chance to exercise. | 3 | 2 | 1 | 0 |
| 3. I'm just too tired after work to get any exercise. | 3 | 2 | 1 | 0 |
| 4. I've been thinking about getting more exercise, but I just can't seem to get started | 3 | 2 | 1 | 0 |
| 5. I'm getting older so exercise can be risky. | 3 | 2 | 1 | 0 |
| 6. I don't get enough exercise because I have never learned the skills for any sport. | 3 | 2 | 1 | 0 |
| 7. I don't have access to jogging trails, swimming pools, bike paths, etc. | 3 | 2 | 1 | 0 |
| 8. Physical activity takes too much time away from other commitments—time, work, family, etc. | 3 | 2 | 1 | 0 |
| 9. I'm embarrassed about how I will look when I exercise with others. | 3 | 2 | 1 | 0 |
| 10. I don't get enough sleep as it is. I just couldn't get up early or stay up late to get some exercise. | 3 | 2 | 1 | 0 |
| 11. It's easier for me to find excuses not to exercise than to go out to do something. | 3 | 2 | 1 | 0 |
| 12. I know of too many people who have hurt themselves by overdoing it with exercise. | 3 | 2 | 1 | 0 |
| 13. I really can't see learning a new sport at my age. | 3 | 2 | 1 | 0 |
| 14. It's just too expensive. You have to take a class or join a club or buy the right equipment. | 3 | 2 | 1 | 0 |
| 15. My free times during the day are too short to include exercise. | 3 | 2 | 1 | 0 |
| 16. My usual social activities with family or friends do not include physical activity. | 3 | 2 | 1 | 0 |
| 17. I'm too tired during the week and I need the weekend to catch up on my rest. | 3 | 2 | 1 | 0 |
| 18. I want to get more exercise, but I just can't seem to make myself stick to anything. | 3 | 2 | 1 | 0 |
| 19. I'm afraid I might injure myself or have a heart attack. | 3 | 2 | 1 | 0 |
| 20. I'm not good enough at any physical activity to make it fun. | 3 | 2 | 1 | 0 |
| 21. If we had exercise facilities and showers at work, then I would be more likely to exercise. | 3 | 2 | 1 | 0 |

Follow these instructions to score yourself:

- Enter the circled number in the spaces provided, putting together the number for statement 1 on line 1, statement 2 on line 2, and so on.
- Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

| | | | | | | |
|-------|---|-------|---|-------|---|-------------------|
| _____ | + | _____ | + | _____ | = | _____ |
| 1 | | 8 | | 15 | | Lack of time |
| _____ | + | _____ | + | _____ | = | _____ |
| 2 | | 9 | | 16 | | Social influence |
| _____ | + | _____ | + | _____ | = | _____ |
| 3 | | 10 | | 17 | | Lack of energy |
| _____ | + | _____ | + | _____ | = | _____ |
| 4 | | 11 | | 18 | | Lack of willpower |
| _____ | + | _____ | + | _____ | = | _____ |
| 5 | | 12 | | 19 | | Fear of injury |
| _____ | + | _____ | + | _____ | = | _____ |
| 6 | | 13 | | 20 | | Lack of skill |
| _____ | + | _____ | + | _____ | = | _____ |
| 7 | | 14 | | 21 | | Lack of resources |

Try to find solutions to overcome major/prominent barriers to increasing your daily physical activity. Some useful tips to overcome physical activity barriers are provided for each category on the following pages.

(Source: Centers For Disease Control and Prevention.
Available at <http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm>)

OVERCOMING BARRIERS TO PHYSICAL ACTIVITY

| Barrier | Suggestions |
|-------------------|--|
| Lack of Time | <ul style="list-style-type: none">• 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. |
| Social Influence | <ul style="list-style-type: none">• 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. |
| Lack of Energy | <ul style="list-style-type: none">• 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. |
| Lack of Willpower | <ul style="list-style-type: none">• 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. |
| Fear of Injury | <ul style="list-style-type: none">• Learn how to warm up and cool down to prevent injury.• Learn how to exercise appropriately considering your age, fitness level, skill level, and health status.• Choose activities involving minimum risk. |
| Lack of Skill | <ul style="list-style-type: none">• Select activities requiring no new skills, such as walking, climbing stairs, or jogging.• Exercise with friends who are at the same skill level as you are.• Find a friend who is willing to teach you some new skills.• Take a class to develop new skills. |
| Lack of Resources | <ul style="list-style-type: none">• Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or calisthenics.• Identify inexpensive, convenient resources available in your community (community education programs, park and recreation programs, worksite programs, etc.) |