

# What stops you from being physically active?

Trying to be more physically active can be hard for many people. You are not alone!

This handout will help you think about:

- what is stopping you from being more physically active; and
- how to **work on** these problems.

You may face problems such as:

- no time;
- being tired; and
- other priorities.

The table below lists common problems that stop us from being more active and offers tips to help you work on these problems.

| Common problems            | Ways to work on these problems:   |
|----------------------------|---|
| “I am just not motivated.” | <ul style="list-style-type: none"><li>• Make the decision to be active.</li><li>• Focus on doing the activity, rather than the results.</li><li>• Choose something fun.</li><li>• Focus on the short-term benefits, such as sleeping better and having more energy.</li></ul> |
| “I have no time.”          | <ul style="list-style-type: none"><li>• Be active for 10 minutes, three times each day.</li><li>• Make activity dates with yourself and keep them.</li><li>• Take “active breaks” at work.</li><li>• Walk or bike to work, and when doing errands.</li></ul>                  |

| Common problems                    | Ways to work on these problems:  |
|------------------------------------|--|
| “Poor weather.”                    | <ul style="list-style-type: none"> <li>• Plan ahead! Be ready to be active in any weather.</li> <li>• Focus on the fresh air and being outside.</li> <li>• Make a list of activities you will do in good weather and bad weather.</li> <li>• When it’s hot, bring water, wear a hat and find shade.</li> <li>• When it’s cold, dress in layers, and wear gloves and a warm hat.</li> </ul> |
| “I feel tired and have no energy.” | <ul style="list-style-type: none"> <li>• Be active when you have the most energy, such as doing a morning or lunch-hour activity if you are too tired in the evening.</li> <li>• Remind yourself that you will have more energy after your activity.</li> <li>• Plan to be active with other people.</li> </ul>  |
| “I feel uncomfortable.”            | <ul style="list-style-type: none"> <li>• “Physical activity” can be anything you like to do. It is not only about “exercise” or “working out.”</li> <li>• Choose activities that are comfortable for you, such as walking.</li> <li>• Be active with others who you feel comfortable with (family and friends).</li> <li>• Don’t compare yourself to others.</li> </ul>                    |
| “I have no one to be active with.” | <ul style="list-style-type: none"> <li>• Join an exercise class, a group or club.</li> <li>• Make new friends who are already active.</li> <li>• Invite friends to be active with you.</li> <li>• Join a walking group at work, or in your community.</li> </ul>   |

*Plan ahead, so you can be active in any weather!*



## What stops you from being more active?

Write down your reasons in the box below.

For each reason, write down your ideas on how to work on the problem.

| What stops me from being more active: | Ways to work on these problems: |
|---------------------------------------|---------------------------------|
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