

# 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 coffee breaks” at work.</li><li>• Walk to work and when doing errands.</li></ul>

Common problems	Ways to work on these problems:
“It’s cold and dark outside.”	<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 any weather.</li> <li>• Dress in layers and wear gloves, a warm hat, a head lamp, a scarf, and snow pants.</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.” It’s about getting up and moving!</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>• Partner with someone who is already active.</li> <li>• Invite friends to do an exercise video with you at home.</li> <li>• Start a walking group 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 about how to work on the problem.

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