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.

<table>
<thead>
<tr>
<th>Common problems</th>
<th>Ways to work on these problems:</th>
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</table>
| “I am just not motivated.”| • Make the decision to be active.  
                             • Focus on doing the activity, rather than the results.  
                             • Choose something fun.  
                             • Focus on the short-term benefits, such as sleeping better and having more energy. |
| “I have no time.”         | • Be active for 10 minutes, three times each day.  
                             • Make activity dates with yourself and keep them.  
                             • Take “active breaks” at work.  
                             • Walk or bike to work, and when doing errands.       |
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| “Poor weather.”           | • Plan ahead! Be ready to be active in any weather.  
• Focus on the fresh air and being outside.  
• Make a list of activities you will do in good weather and bad weather.  
• When it’s hot, bring water, wear a hat and find shade.  
• When it’s cold, dress in layers, and wear gloves and a warm hat. |
| “I feel tired and have no energy.” | • 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.  
• Remind yourself that you will have more energy after your activity.  
• Plan to be active with other people. |
| “I feel uncomfortable.”   | • “Physical activity” can be anything you like to do. It is not only about “exercise” or “working out.”  
• Choose activities that are comfortable for you, such as walking.  
• Be active with others who you feel comfortable with (family and friends).  
• Don’t compare yourself to others. |
| “I have no one to be active with.” | • Join an exercise class, a group or club.  
• Make new friends who are already active.  
• Invite friends to be active with you.  
• Join a walking group at work, or in your community. |

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.

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<th>What stops me from being more active:</th>
<th>Ways to work on these problems:</th>
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