

# BARRIERS to EXERCISE

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Physical Activity - It's Time To Overcome The Barriers And Become Active

A Case for Fitness, assignment #2, focused on barriers to exercise. Some of these barriers included modern comforts and technologies which make our lives easier. Some students cited other barriers which prevent them from getting regular daily exercise. Some of these barriers were “No time”, “Don’t like to sweat”, “Don’t know how”, “Exercise is not for them”, or “It hurts”.

All of these barriers can be overcome. Some solutions to these barriers/excuses are:

- **No time** - Manage your time wisely. Utilize your fitness class.
- **Don’t like to sweat** - Sweating is a natural byproduct and a way for your body to remove waste.
- **Don’t know how** - Your fitness teachers will give you the knowledge and tools to be successful in whatever activity you choose.
- **Exercise is not for them** - Exercise requires no special coordination. You don’t have to be an athlete.
- **It hurts** - Exercise done properly doesn’t hurt.

**Complete** the “Personal Barriers to Being Active” survey to become aware of additional barriers to exercise and to identify potential reasons preventing you from leading an active lifestyle.

There are also environmental barriers which prevent people from being physically active and attaining the health benefits of exercise including: a lower risk for obesity, heart disease, diabetes, colon cancer; healthy bones, joints, and muscles; improved mood and self-confidence and reduced symptoms of depression and anxiety.

Some of these environmental barriers include the location of adequate sidewalks, running paths, bike lanes, proximity of parks, the level of crime and pollution in communities and weather or climate.

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### Personal Barriers to Being Active

Directions: Each statement listed below are reasons people give for why they don't get as much exercise as they think they should. Read each statement and circle how likely you are to say each of the following statements:

<b>How likely are you to say the following?</b>	<b>Very</b>	<b>Somewhat</b>	<b>Unlikely</b>	<b>Not at All</b>
1. My schedule is too busy to make time for exercising.	3	2	1	0
2. My family and friends are not active, therefore I'm not active.	3	2	1	0
3. After school and homework, I'm too tired to exercise.	3	2	1	0
4. I would like to be more fit, but can't seem to get started.	3	2	1	0
5. I got hurt when I was younger and am afraid to exercise again.	3	2	1	0
6. I'm not a skilled person or athlete, so I don't get enough exercise.	3	2	1	0
7. Jogging trails, swimming pools, and bike paths are not close to my house.	3	2	1	0
8. I have too many other commitments to spend time exercising.	3	2	1	0
9. I am uncomfortable with my appearance when I am physically active around others.	3	2	1	0
10. I can't get up early or stay up late to fit exercise into my day.	3	2	1	0
11. Exercising is harder than making excuses to not exercise.	3	2	1	0
12. Last time I exercised, I over did it and got injured.	3	2	1	0
13. I'm too old to learn new sports.	3	2	1	0
14. Fitness clubs and exercise equipment are way too expensive.	3	2	1	0
15. I only have so much free time, I don't have time to exercise.	3	2	1	0
16. When I am with family and friends, we are never active.	3	2	1	0
17. I am so busy during the week, I need the weekends to relax and do nothing.	3	2	1	0
18. I know exercise is important and I can get started, staying with it is a problem.	3	2	1	0
19. I fear that I may get hurt or injured, or worse, have a coronary during exercise.	3	2	1	0
20. My skills and athletic ability prevent me from having fun during any form of activity.	3	2	1	0
21. If my work had some better facilities for exercising, I would be more active.	3	2	1	0

Instructions for scoring your “Personal Barriers to Being Active” survey:

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 forth. Add up the three scores on each line. Your barriers to physical activity fall into one ore more of seven categories:

$$\underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad}$$

1            8            15            No Time

$$\underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad}$$

2            9            16            Social Pressure/Influence

$$\underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad}$$

3            10            17            Lack of Energy

$$\underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad}$$

4            11            18            Lack of Willpower

$$\underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad}$$

5            12            19            Fear of Injury

$$\underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad}$$

6            13            20            Lack of Skill

$$\underline{\quad\quad} + \underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad\quad\quad}$$

7            14            21            Lack of Resources

1. What was your top personal barrier from the quiz? How can you overcome this barrier?
2. People often associate health issues as being barriers to exercise. Do you have any current personal health issues, such as diabetes, asthma, or Osgood Slaughter, that might be considered a barrier to exercise?
3. If yes, list your current personal health issue(s) that would be a barrier to exercise and ways to overcome that barrier.
4. If not, then choose one personal health issue that could be a barrier to exercise and how a person could overcome that barrier. Use [www.google.com](http://www.google.com) with “Personal Health Issue + Fitness” for some beginning ideas.

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### Overcoming Environmental Barriers

1. Listed in the left hand column of the table are environmental barriers to exercise. Choose five of the barriers in the chart, and complete the chart by a.) Giving an example of how each is a barrier, and b.) Giving a suggestion of how to overcome the barrier.

<b>Barrier</b>	<b>a. Example of how it can be a barrier</b>	<b>b. Suggestion to Overcome the barrier</b>
Resources		
Support		
Weather		
Motivation		
Proximity		
Travel		
Family		

2. Besides a person having barriers, activities can have barriers as well. Select **2** activities from the list below and describe how each activity could be inhibited by environmental barriers. For each of the two activities, find solutions for the barriers.

- |                  |                |                |               |
|------------------|----------------|----------------|---------------|
| Mountain Biking  | Basketball     | Rock Climbing  | Rollerblading |
| Soccer           | Wall Climbing  | Skate Boarding | Pilates       |
| Tennis           | Snow Skiing    | Football       | Dance         |
| Water Skiing     | Aerobics       | Baseball       | X/C Skiing    |
| Ramp             | Softball       | Snow-shoeing   | Golf          |
| Ice Skating      | Weight lifting | Yoga           | Swimming      |
| Rowing           | Kayaking       | Walking        | Ice Hockey    |
| Indoor Soccer    | Volleyball     | Jump Rope      | Handball      |
| Circuit Training | Racquet Ball   | Spinning       | Hiking        |
| Tae-bo           | Kickball       | Lacrosse       | Badminton     |
| Ping-Pong        | Pickle Ball    | Bowling        | Etc...        |

<p><b>Activity #1:</b> _____</p> <p><b>Barrier:</b> _____ _____</p> <p><b>Solution:</b> _____ _____</p> <p><b>Activity #2:</b> _____</p> <p><b>Barrier:</b> _____ _____</p> <p><b>Solution:</b> _____ _____</p>
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