Primary Care Network
LEDUC BEAUMONT DEVON

Barriers to physical activity

Lack of motivation

DO:

- Make the **DECISION** to be active.
- Make an appointment with yourself and commit to it.
- Set SMART goals.
- Be patient and persistent.
- Focus on the doing rather than the outcome.
- Choose something you like and that's fun.
- Focus on the short-term and not the medium term benefits of physical activity.
- Be active with a partner or sign up for a class.

DON'T:

- Compare yourself to peers, or family.
- Turn physical activity into a chore.
- Don't believe the misinformation.

Lack of time

	Work-day
7:00 am	Wake up & get ready
	Drive to work
9:00 am	Work
	WALK (15 min)
11:00 am	Work
	Lunch break
1:00 pm	Work
	WALK (15 min)
3:00 pm	Work
	Drive home
5:00 pm	Relax
	Prepare and eat supper
7:00 pm	Clean-up
9:00 pm	TV time
11:00 pm	Read
	Sleep

- Track your activities throughout the day to see where you have 10 minutes or more to spare.
- Do two to three short sessions of 8 to 10 minutes throughout the day rather than a one 30 minute workout.

Lack of energy

- Schedule your activity for when you have most energy.

KEEP IN MIND:

- Physical activity will give you ***more*** energy not less.
- Mental fatigue can be mistaken for physical tiredness.
- Physical activity will re-energize you if you are mentally fatigued.
- Moderate activity such as walking ***does not*** take a lot of energy to get started!

Developed by Stephen Cheetham

Weather conditions

Make two lists of activities one for cold, wet weather and the other for warm, dry weather.

Cold, wet weather activities

- Snowshoeing or tobogganing.
- Cross country skiing.
- Downhill skiing or snowboarding.
- Nordic walking or mall walking.
- Curling or bowling.
- Badminton or squash.
- Fitness DVD from local library.
- Home exercise equipment.
- Swimming or water walking.
- Group class.
- Fitness center or health club.
- Stairs.

Warm, dry weather activities

- Walk, hike, run or jog.
- Locate trails, paths & parks.
- Bike ride.
- Walk dog.
- Play softball, baseball or slow pitch.
- Play rugby or soccer.
- Golf.

Feeling uncomfortable

- The term “physical activity” is more than “exercise” or “working out”. It is not limited to a particular time or place.

- Choose an activity you can do on your own that requires no special equipment and can be done anytime, anywhere!

- Be physically active around your home: walk, exercise, garden, do some yard work, climb stairs.

Lack of a partner

- Sign up to an exercise class or join a group or club.
- Develop new friendships with physically active people.
- Ask a friend, family member or co-worker or take your dog.
- Organize or get involved in workplace activities.
- Treat being active as ***your time,*** an opportunity to focus on you.
- Keep if mind you’ll be able to go when it best suits you and work at your own pace.