

Get Past Your Exercise Roadblocks

Do you face roadblocks that keep you from meeting your physical activity goals? Think about what keeps you from being active, then try to come up with creative ways to address those roadblocks.

Here are a few examples to help you get started. Fill in the chart with other barriers and solutions that apply to you.

Barrier	Solution
I don't have enough time.	Instead of doing one long workout session, build in three 10-minute bursts of activity during your day, such as a brisk walk. Even standing up instead of sitting at your desk has benefits.
I just don't like exercise.	Good news! You don't have to run a marathon or go to the gym all the time to benefit from being active. To make physical activity more fun, try something you enjoy doing, such as dancing to the radio or taking a yoga class with friends. Many people find they start to like exercise better the more they do it.
I'm worried about my health or getting hurt.	If you have a hard time being active because of your health, talk with a health care professional first. A certified fitness professional can also guide you on how to be active safely.
I feel self-conscious working out in front of others.	Start being active at home until you feel more confident. Be active with friends who will support and encourage you.

Source: U.S. National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases