



Name \_\_\_\_\_ Date \_\_\_\_\_

Instructor \_\_\_\_\_ Section \_\_\_\_\_

## Identifying Barriers to Physical Activity

This lab will assist you in identifying the major barriers that prevent you from participating in regular physical activity and exercise. Listed below are the primary reasons why most people do not engage in regular physical activity and exercise. Please read each statement and select the number in the answer box that best applies to you.

### Barrier category 1: Lack of time

How likely are you to say this?	Unlikely	Likely	Very Likely
My day is too busy for exercise. I cannot find the time to include regular physical activity.	0	1	2
Physical activity takes too much time away from work and my family commitments.	0	1	3
My periods of free time during the day are too short to exercise.	0	1	3

### Barrier category 2: Social and environmental influences

How likely are you to say this?	Unlikely	Likely	Very Likely
None of my friends or family members are interested or involved in physical activity.	0	1	2
I am embarrassed to exercise in front of other people.	0	1	3
My school or place of work does not provide an environment that permits exercising.	0	1	3

### Barrier category 3: Lack of resources

How likely are you to say this?	Unlikely	Likely	Very Likely
I do not have access to walking/jogging trails, swimming pools, or bike paths.	0	1	2
It is too expensive to join a health club or purchase exercise equipment.	0	1	3
My school or place of work does not provide shower facilities or an exercise facility.	0	1	3

### Barrier category 4: Lack of motivation

How likely are you to say this?	Unlikely	Likely	Very Likely
I have been considering exercise but I can't seem to get started.	0	1	2
It is easy for me to find an excuse not to exercise.	0	1	3
I would like to exercise but I have difficulty sticking to a commitment.	0	1	3

## LABORATORY 2.4 (continued)

### Scoring and Using Your Results

See the total number of points scored in each of the four barrier categories below.

If you scored 2 or more points in any category, this indicates that this category represents one of your major barriers to becoming physically active.

Barrier category 1. Lack of time: Total points = \_\_\_\_\_

Barrier category 2. Social and environmental influences: Total points = \_\_\_\_\_

Barrier category 3. Lack of resources: Total points = \_\_\_\_\_

Barrier category 4. Lack of motivation: Total points = \_\_\_\_\_

### Planning Your Next Steps

Now that you've identified your major barriers to becoming physically active, your next move is to develop strategies to remove each barrier. The chart below provides suggestions for strategies that can assist you in eliminating barriers.

Barrier	Suggestions for overcoming physical activity barriers
<b>Lack of time</b>	<ol style="list-style-type: none"><li>1. Identify available time slots in your day that could be used to exercise.</li><li>2. Select a time during your day to replace a sedentary activity with physical activity, such as riding a bike instead of driving.</li><li>3. Increase the length of your day to include a time slot for exercise.</li></ol>
<b>Social and environmental influences</b>	<ol style="list-style-type: none"><li>1. Encourage your family and friends to exercise.</li><li>2. Identify new friends who are already physically active, and make plans to exercise with them.</li><li>3. Plan social activities that involve exercise.</li></ol>
<b>Lack of resources</b>	<ol style="list-style-type: none"><li>1. Select activities that do not require expensive equipment, such as walking, calisthenics, or jumping rope.</li><li>2. Identify inexpensive exercise facilities that are available in your community (park and recreation programs, worksite programs, etc.)</li><li>3. Use commonplace areas to incorporate exercise, such as the stairs in your apartment building.</li></ol>
<b>Lack of motivation</b>	<ol style="list-style-type: none"><li>1. Write down your exercise goals and put them in a place where you see them every day.</li><li>2. Plan your day around a time to exercise.</li><li>3. Join an exercise class.</li><li>4. Pack a bag with your exercise clothes and place it somewhere you will see it before leaving for work or school.</li></ol>

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.