



KEEPING MOTIVATED

Barriers to Exercise

We are all human! Stumbling at obstacles and lapsing are all part of human nature!

Learn to anticipate the obstacles, and have a plan to overcome them.

Common Barriers that Challenge Motivation

- **Fear**
Remember that hurt does not mean harm. Set realistic goals, pace yourself and ensure a good warm up and cool down.
- **Low Energy**
Try exercising at different times of the day, and remember exercise will give you energy!
- **Lack of Time**
Incorporate exercise into your daily life, for example, get off the bus earlier, park further away from work or the shops. Plan, and schedule an appointment with yourself to exercise.
- **No Money**
Use everyday equipment like chairs, stairs, tins and walls! Get fitness DVDs from the library. Remember walking is a good form of exercise.
- **Don't Enjoy Exercise**
Try exercising with a friend. Make cleaning fun, put your music on and get stuck in! Reward yourself each week for your achievements.