

## Barrier Management for Physical Activity

Sometimes it can be hard to maintain physical activity over time. It is normal to encounter barriers that make it difficult to stay active. Planning for these barriers and identifying potential solutions will make it easier to maintain your activity level in the face of challenges.

Below are some examples of common barriers that limit activity and potential solutions to help maintain your activity.

Barrier	Potential Solutions
I do not feel motivated	<ul style="list-style-type: none"><li>• Remind yourself why physical activity is important for you</li><li>• Choose activities that you most enjoy</li><li>• Include a friend or family member in your activity</li><li>• Review your exercise journal and compare how you generally feel before and after exercise</li><li>• Review the following worksheets: <i>Advantages-Disadvantages of Exercise</i> and <i>Goal Setting for Physical Activity</i></li></ul>
I have no time	<ul style="list-style-type: none"><li>• Remind yourself why physical activity is important for you</li><li>• Break up your activity into shorter, more frequent bouts (10-15 minutes, 2-3 times per day)</li><li>• Use a calendar to schedule your physical activity</li><li>• Incorporate physical activity into your day-to-day life: Walk to work, school or the store</li><li>• Review the following worksheets: <i>Advantages-Disadvantages of Exercise</i> and <i>Planning for Physical Activity</i></li></ul>
The weather is bad	<ul style="list-style-type: none"><li>• Make a list of activities that you could do in bad weather (body-weight exercises, online exercise videos or classes)</li><li>• If its hot: Bring water, wear a hat and sunscreen, wear exercise clothing, take shade breaks and shorten your workout</li><li>• If its cold: Dress in warm layers, wear a hat and gloves and shorten your workout</li><li>• Review the following worksheets: <i>Planning for Physical Activity</i></li></ul>
I feel tired and have no energy	<ul style="list-style-type: none"><li>• Plan to be active when you typically have the most energy, such as in the morning or early afternoon</li><li>• Remind yourself that you will feel more energy after activity</li><li>• Review your exercise journal and compare how you generally feel before and after exercise</li><li>• Shorten your activity on days when you feel especially tired – It doesn't have to be all or nothing!</li><li>• Review the following worksheets: <i>Planning for Physical Activity</i></li></ul>

I feel very symptomatic (i.e. headache, dizziness, nausea, etc.)	<ul style="list-style-type: none"> <li>• Plan to be active when you typically feel the best</li> <li>• Review the <i>Red-Yellow-Green Exercise Plan</i> worksheet to plan activities that you can do each day depending on how you feel</li> <li>• Shorten your activity on days when you feel especially symptomatic – It doesn't have to be all or nothing!</li> </ul>
I am very sensitive to light	<ul style="list-style-type: none"> <li>• Wear a brimmed hat and/or sunglasses</li> <li>• Pick a route with shade from trees or buildings to block direct sunlight</li> <li>• Plan outdoor activity when the light is dimmer (i.e. morning or evening)</li> <li>• Try an indoor activity (body-weight exercises, online exercise videos or classes)</li> </ul>
I am very sensitive to noise	<ul style="list-style-type: none"> <li>• Pick quieter routes away from major roadways – try a park or residential neighborhood</li> <li>• Try earplugs or earphones with soft music, a podcast, audiobook or white noise</li> <li>• Plan outdoor activities when streets are less busy, such as the middle of the day</li> </ul>

### Identify Your Barriers

Above are just a few examples. You may think of different potential barriers. What barriers might you face? *List below any potential barriers that you may face in staying active.*

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### Identify Your Solutions

Examples of potential solutions to common barriers are provided above. You may think of different potential solutions to your barriers. What solutions might you use? *List below any potential solutions that you may use to stay active in the face of barriers.*

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## Relapse Prevention

Despite your best efforts, it is normal to encounter barriers and temporary periods of inactivity. However, it is important to prevent a *lapse* (temporary loss of exercise) from becoming a full *relapse* (more permanent loss of exercise).

Here are some strategies to help prevent a lapse from becoming a relapse:

- Be kind to yourself – remember that nobody is perfect and that rest is important too
- Review your physical activity goals and motivations
- Remind yourself that you are able to be more active - review your exercise journal to see that you have done it before
- Use a calendar to schedule your exercise and track it in a journal
- Start small with 10-minute walks and gradually build your way back up
- Reward yourself for completing exercise
- Associate exercise with something positive, like your favorite TV show or podcast

Above are just a few examples. You may think of different strategies. If you experience a lapse in exercise, what will you do to prevent a full relapse? *List below any strategies that you would use to prevent a temporary lapse from becoming a full relapse.*

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