

# Quiz: Barriers to being active

## What else could be stopping you?

Answer these questions and see if your answers highlight things that you need to change to help you eat more healthily.

Barriers to eating healthier	No	To some extent	Yes
<b>Your eating patterns</b>			
Do you skip any meals?			
Do you go for long periods without eating?			
Do you tend to nibble or pick at food?			
Do you eat when you're not hungry?			
Do you continue to eat after you are already satisfied?			
Are there particular times of the day when you are likely to overeat?			
Are there particular days of the week when you are likely to overeat?			
<b>Your portion sizes</b>			
Are your portion sizes on the large side?			
Do you take second helpings?			
Do you always eat everything on your plate?			
<b>Your choice of foods and drinks</b>			
Are you prone to eating high fat/sugar foods (e.g. biscuits, cakes, chips, chocolate)?			
Do you frequently drink high sugar drinks (e.g. alcohol, soft drinks, sports drinks)?			
Do you eat take away/fatty foods regularly?			
Do you consume full-fat dairy products (e.g. milk, cheeses, yoghurts)?			

Barriers to eating healthier	No	To some extent	Yes
<b>How you eat</b>			
Do you eat very quickly?			
Do you eat in places other than the kitchen or dining room?			
Do you eat while watching television?			
Do you eat on the run or in an unplanned way?			
Do you eat directly from packets or containers?			
<b>Other obstacles to weight loss</b>			
Do you eat when you are stressed?			
Do you eat when you are bored?			
Do you justify eating unhealthy foods because you have exercised that day?			

If the majority of your answers are no, then you have a good understanding of how to avoid the pitfalls of unhealthy eating.

If the majority of your answers are yes, then look at the questions you answered yes to and think about how you can make some changes to being healthier.