Setbacks, Problems and Finding Solutions

Below is a list of possible barriers to being more active. Answer the questions and see if your answers highlight things that you need to change to help you get more physically active.

Barriers to being more active	No	To some extent	Yes
Your daily activities			
Do you sit down most of the day?			
Do you drive to and from work?			
Do you drive to the local shops for small amounts of shopping?			
Do you use the remote control to change television stations?			
Do you send emails to colleagues when you could speak to them face to face?			
Your beliefs and knowledge			
Do you prioritise other parts of your life before being active?			
Do you believe that you can only exercise at a gym?			
Do you believe that going to a gym is the only way to be active?			
Do you discount the importance of doing small amounts of physical activity (e.g. 10 minute intervals)?			
Do you think doing any strength (or resistance) training such as lifting weights is too difficult and/or not relevant for you?			
Do you not know how much or what type of physical activity you need to do?			

Barriers to being more active	No	To some extent	Yes
Other obstacles			
Do you see movement as an inconvenience?			
Are your friends and family currently inactive?			

Did your answers give you some ideas on what you could change? If you answered 'no' to most of these questions, you have a good understanding of how to be active in as many ways as you can. If you answered 'yes', look at these questions and think about how you could make some improvements.

Notes

Talk to your *Get Healthy* Coach about how you could make some changes.