

Barriers to Being Active Quiz

What keeps you from being more active?

Directions: Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Read each statement aloud and indicate how likely you are to say each of these statements:

	How likely are you to say?	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely
1	My day is so busy now that I don't think I can make the time to include physical activity in my regular schedule.	3	2	1	0
2	None of my family members or friends like to do anything active, so I don't get a chance to exercise.	3	2	1	0
3	I'm just too tired after work to get any exercise.	3	2	1	0
4	I've been thinking about getting more exercise, but I just can't seem to get started.	3	2	1	0
5	I'm getting older so exercise can be risky.	3	2	1	0
6	I don't get enough exercise because I have never learned the skills for any sport.	3	2	1	0
7	I don't have access to jogging trails, swimming pools, bike paths, etc.	3	2	1	0
8	Physical activity takes too much time away from other commitments—time, work, family, etc.	3	2	1	0
9	I'm embarrassed about how I will look when I exercise with others.	3	2	1	0
10	I don't get enough sleep as it is. I just couldn't get up early or stay up late to get some exercise.	3	2	1	0
11	It's easier for me to find excuses not to exercise than to go out to do something.	3	2	1	0
12	I know of too many people who have hurt themselves by overdoing it with exercise.	3	2	1	0

	How likely are you to say?	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely
13	I really can't see learning a new sport at my age.	3	2	1	0
14	It's just too expensive. You have to take a class or join a club or buy the right equipment.	3	2	1	0
15	My free time during the day is too short to include exercise.	3	2	1	0
16	My usual social activities with family or friends do not include physical activity.	3	2	1	0
17	I'm too tired during the week and I need the weekend to catch up on my rest.	3	2	1	0
18	I want to get more exercise, but I just can't seem to make myself stick to anything.	3	2	1	0
19	I'm afraid I might injure myself or have a heart attack.	3	2	1	0
20	I'm not good enough at any physical activity to make it fun.	3	2	1	0
21	If we had exercise facilities and showers at work, then I would be more likely to exercise.	3	2	1	0

Follow these instructions to score yourself:

1. Enter the scores you circled in the spaces provided below. Put the score for statement #1 on row 1, statement #2 on row 2, and so on. The set of scores for statements 1, 8, and 15 will be on the same row.
2. Add the three scores on each line to get the total for each set.
3. Your barriers to physical activity fall into one or more of seven categories:
 - Lack of time
 - Social influences
 - Lack of energy
 - Lack of willpower
 - Fear of injury
 - Lack of skill
 - Lack of resources.
4. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

Statement numbers	Scores for Each Set			Total for each set	Barrier category
1, 8, 15					Lack of time
2, 9, 16					Social influence
3, 10, 17					Lack of energy
4, 11, 18					Lack of willpower
5, 12, 19					Fear of injury
6, 13, 20					Lack of skill
7, 14, 21					Lack of resources

Suggestions for Overcoming Physical Activity Challenges

Challenge: Lack of Time

- ☐ Find time slots. Pay attention to your daily activities for 1 week. When can you find time to be active at least 30 minutes a day, 5 days a week?
- ☐ Add physical activity to your daily routine. For example, walk or ride your bike to work or shopping, organize school activities around physical activity (e.g., scheduling a walk for your child's class), walk the dog, exercise while you watch TV, or park farther away from your destination.
- ☐ Make time for physical activity. For example, walk or jog during your lunch hour, or take fitness breaks instead of coffee breaks.

Challenge: Social Influence

- ☐ Explain your interest in physical activity to friends and family. Ask them to support your efforts.
- ☐ Invite friends and family members to exercise with you. Plan social activities involving exercise.
- ☐ Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.

Challenge: Lack of Energy

- ☐ Schedule physical activity for times in the day or week when you feel most energetic.
- ☐ Remind yourself that if you give it a chance, physical activity will increase your energy level; then, try it.

Challenge: Lack of Motivation

- ☐ Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar.
- ☐ Invite a friend to exercise with you regularly and write it on both your calendars.
- ☐ Join an exercise group or class.

Challenge: Fear of Injury

- ☐ Learn how to warm up and cool down to prevent injury.
- ☐ Learn how to exercise at the right level for your age, fitness level, skill level, and health status.
- ☐ Choose activities that are not risky.

Challenge: Lack of Skill

- ☐ Choose activities that do not require new skills, such as walking, climbing stairs, or jogging.
- ☐ Exercise with friends who are at the same skill level as you are.
- ☐ Find a friend who is willing to teach you some new skills.
- ☐ Take a class to develop new skills.

Challenge: Lack of Resources

- ☐ Choose activities that don't require much in the way of facilities or equipment, such as walking, jogging, or jumping rope.
- ☐ Identify inexpensive, convenient resources available in your community (e.g., community education programs, park and recreation programs, or worksite programs).

Challenge: Weather Conditions

- ☐ Develop a set of regular activities that you can do even in bad weather (e.g., indoor cycling, aerobic dance, indoor swimming, calisthenics, stair climbing, rope skipping, mall walking, dancing, gym games).
- ☐ Look at outdoor activities that depend on weather conditions (e.g., cross-country skiing, outdoor swimming, outdoor tennis) as “bonuses”—extra activities when weather and circumstances permit.

Challenge: Travel

- ☐ Put a jump rope in your suitcase and jump rope.
- ☐ Walk the halls and climb the stairs in hotels.
- ☐ Stay in hotels with swimming pools or physical activity facilities.
- ☐ Join the YMCA, YWCA, or a national fitness chain that allows members to use the facilities in other cities.
- ☐ Visit the local shopping mall and walk for half an hour or longer.
- ☐ Bring an MP3 player or cell phone with your favorite aerobic or physical activity music.

Challenge: Family Obligations

- ☐ Trade babysitting time with a friend, neighbor, or family member who also has small children.
- ☐ Do physical activities with the kids—go for a walk together, play tag or other running games, or get an aerobic dance or exercise video for kids (there are several available online for free) and exercise together. You can spend time together and still get your physical activity.

- ☐ Jump rope, ride a stationary bicycle, or other stationary or indoor aerobic activity while the kids are playing or sleeping.
- ☐ Try to do physical activity when the kids are not around (e.g., during school hours or their nap time).
- ☐ Encourage physical activity facilities to provide childcare services.