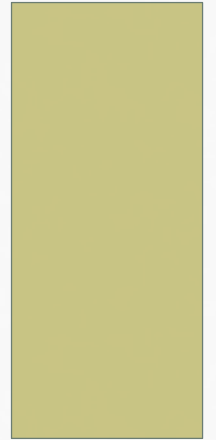


OVERCOMING BARRIERS TO EXERCISE

CWRU APN – 12/4/18



COMMON PERCEIVED BARRIERS

1. I don't have enough time to exercise

Setting aside time to exercise can be a challenge. Use a little creativity to get the most out of your time.



2. I think exercise is boring

It's natural to grow weary of a repetitive workout day after day, especially when you're going it alone. But exercise doesn't have to be boring.



COMMON PERCEIVED BARRIERS

3. I'm self-conscious about how I look

Don't get down on yourself! Remind yourself what a great favor you're doing for your cardiovascular health, or focus on how much stronger you feel after a workout.



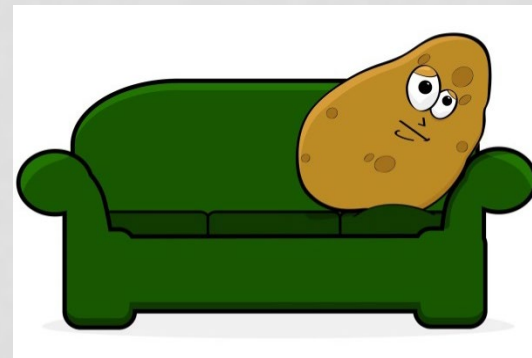
COMMON PERCEIVED BARRIERS

4. I'm too tired to exercise after work

No energy to exercise? Without exercise, you'll have no energy. It's a vicious cycle. But breaking the cycle with physical activity is one of the best gifts you can give yourself.

5. I'm too lazy to exercise

If the mere thought of a morning jog makes you tired, reframe it!



COMMON PERCEIVED BARRIERS

6. I've tried to exercise in the past and failed

Don't throw in the towel. You can't see it when you lower your cholesterol or reduce your risk of diabetes, but that doesn't mean the exercise isn't working.

Re-evaluate what went wrong, and learn from your mistakes.



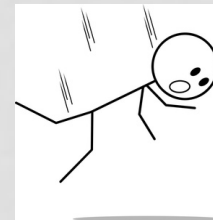
COMMON PERCEIVED BARRIERS

7. I'm not athletic

Natural athletic ability isn't a prerequisite to physical activity. Even if you've been sedentary for some time, it's not too late to get more active.

8. I'm afraid I'll hurt myself if I exercise

If you're nervous about injuring yourself, start off on the right foot like starting a walking program or taking a beginner exercise class.



COMMON PERCEIVED BARRIERS

9. *My family doesn't support my efforts*

Remind those close to you of the benefits of regular exercise — and then bring them along for the ride.





YOU CAN DO THIS!