

Small Group Fitness Coaching

Overcoming Barriers

What stands in your way of achieving your fitness goals: _____

Simply putting a name to the reason for your challenges may help you work through them.

Jot down the most helpful ideas from the group/PowerPoint: _____

Goal for this Week:

Over coming 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.

- **Squeeze in short walks throughout the day.** Short spurts
- **Get up earlier.** Try getting up 30 minutes earlier twice a week to exercise.
- **Drive less, walk more.**
- **Revamp your rituals.** Change Saturday chill by TV, to bike ride with kids
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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.

- **Choose activities you enjoy.**
- **Vary the routine.**
- **Join forces.** Exercise with friends, relatives, neighbors or co-workers.
- **Explore new options.** Learn new skills while getting in a workout.

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.

- **Avoid the crowd.** Go solo at first. Try an exercise video or an activity-oriented video game.
- **Focus on the future.** Praise yourself for making a commitment to your health.

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.

- **Try a morning dose of exercise.**
- **Make lunchtime count.** Keep a pair of walking shoes at your desk
- **Be prepared.** Make sure you have comfortable shoes and loose fitting clothes for exercising. Take them with you to the mall or when you travel.

5. I'm too lazy to exercise

If the mere thought of a morning jog makes you tired, try these thoughts on for size:

- **Set realistic expectations.** If your mental bar is too high, you might give up without even trying
- **Work with your nature, not against it.** Plan physical activity for times of the day when you tend to feel more energetic — or at least not quite so lazy.
- **Schedule exercise as you would schedule an important appointment.** Block off times

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 you aren't doing yourself a great favor. Re-evaluate what went wrong, and learn from your mistakes.

- **Pace yourself.** Start small and build up to more-intense workouts later
- **Set realistic goals.**
- **Remember why you're exercising.**

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.

- **Keep it simple.** Try something basic, such as a daily walk.
- **Find company.** Pick an activity you like, such as dancing or gardening, and invite friends to join
- **Forget the competition.** Focus on the positive changes you're making to your body and mind.

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

If you're nervous about injuring yourself, start off on the right foot.

- **Take it slow.** Start with a simple walking program
- **Try an exercise class for beginners.** You'll learn the basics by starting from scratch.
- **Get professional help.**

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.

- **Get your kicks with your kids.**
- **Propose a new adventure.** Invite a friend to go to an indoor climbing wall or rent a tandem bicycle for the weekend.
- **Do double duty.** Volunteer to drive your teens to the mall, and then walk laps inside while you wait for the shoppers. Try the same trick at your child's school during lessons, practices or rehearsals.