

## **Barriers to Exercise**

<b>Barrier or Challenge</b>	<b>Solutions</b>
<b>I don't have enough time.</b>	How do you use your time? Look at time during the week and weekends.
<b>The neighborhood is dangerous.</b>	Identify sources of danger: unpaved street, few traffic signs, gangs, etc. What can we do about each of those?
<b>In the neighborhood, there are no spaces to exercise.</b>	Brainstorm about potential resource. What can we do to create these resources?
<b>I have never exercised.</b>	It is never too late to begin. You always have to start slowly and increase intensity, frequency, and duration over time. What activities do you do now.
<b>I need a daycare</b>	Exercise with your children and family. Be a leader. You help them avoid chronic diseases.
<b>I don't like to exercise alone.</b>	Seek company from your partner, some member of the family, a friend, a co-worker, or a neighbor.
<b>In my work I do too much physical activity</b>	If work is physically demanding, you can exercise during weekends, days when you don't work, or vacation to stay in shape.
<b>We do not exercise in our culture</b>	Many men and women have not been motivated to exercise in their culture. However, now it is necessary. There are many famous people who exercise.
<b>I do not like to sweat or mess up my hair.</b>	Do exercise after work or after studying. You can walk in a pleasant place or at the mall.
<b>Exercise centers are too expensive and I can't afford the fees.</b>	There are exercise places that are free or very low in price. Find a free place. Organize physical activities in places where you spend a lot of time, such as work or church.
<b>All the good exercises hurt and I am disabled and too old to exercise</b>	In many cases, regular exercise can alleviate pain. There are specific exercises for persons with chronic disorders such as neuropathy, arthritis, backache, or other kinds of injury. You can develop an exercise plan with the help of your healthcare team.