

Overcoming Your Barriers

You probably take a walk once in a while. But what keeps you from exercising as much as you should? For each exercise barrier, try to list one or two things you can do to overcome it.

Example

What's stopping me? *I'm just too tired to exercise for 30 to 40 minutes at a time.*

Ways to improve: *Break up exercise into short 10-minute segments throughout my day.*

What's stopping me?

Ways to improve: