

## Ways to overcome barriers to being physically active

If you are not active, there are reasons why. Perhaps being active has never been part of your life or you are afraid your blood sugar will go too low or you will hurt yourself.

Think about what your barriers are to being active and consider a way to overcome them.

| BARRIERS                                  | SOLUTION                                                                                                             |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| Exercise is boring                        | Find something you like doing. Get an exercise buddy                                                                 |
| I don't have time for 30 minutes          | Do as much as you can. Every step counts. Walk for 10 minutes and add little by little                               |
| It is too hot/cold outside                | Walk in the shopping mall                                                                                            |
| I don't like to exercise in a group       | Use an exercise video at home                                                                                        |
| I am too tired after work                 | Plan to do something before you go to work, on breaks or at lunch                                                    |
| It is not safe to walk in my neighborhood | Look into the local community center or do something in your home                                                    |
| Exercise hurts my knees                   | Try chair exercises or swimming class                                                                                |
| I don't want to get sore muscles          | Warm up and cool down. Go slowly at first                                                                            |
| I don't have an exercise outfit           | Wear anything that is comfortable. Well fitting shoes and socks that do not irritate the skin are the most important |
| I am afraid I will get low blood sugar    | Talk to your doctor about the best time to exercise and how to exercise safely                                       |