



# BREAKING BARRIERS TO **BE ACTIVE**



## **No TIME...**

*Use short activities/revamp your rituals*

## **No ENERGY...**

*Be active early/schedule periodic "movement snacks"*

## **NO DRIVE...**

*Set relevant goals/schedule activity as an appointment*

## **No SUPPORT...**

*Join a group (virtually)/pursue a challenge with a friend*

## **No CONFIDENCE...**

*Exercise alone/praise self for effort and commitment*

## **No EXPERIENCE...**

*Keep it simple, start slow/be active with friends (virtually)*

## **No RESULTS...**

*Set realistic goals/focus on your reasons to be active*

## **No MONEY...**

*Be active at home/fit activity into your daily routine*

## **No KNOWLEDGE...**

*Start slowly/seek advice from a professional*

## **No INTEREST...**

*Choose activities you enjoy/add variety*