

BARRIERS TO EXERCISE

Barrier	Solution	Questions to ask
I don't have time	<p>Take a look at how you really spend each day – chances are you can find time for a 30 minute physical activity break once a day. Try to wake up a half hour earlier and take the dog for a walk, getting off a stop earlier when taking the bus, climbing the stairs instead of taking the lift. You don't have to do 30 minutes at once, try building physical activity into your daily routine in periods of at least 10 minutes each. You may find by reducing your smoking you find you have more time. Try to schedule times for exercise and stick to them.</p> <p>There's so much to choose from, including just putting more zest into your normal daily activities. Try a social activity you can try with a friend or family member. Try something you enjoyed when you were younger or something new. Set yourself an activity challenge or raise money for a</p>	<p>Think about how long you take to have a cigarette x how many cigarettes reduces.</p> <p>Physical activity has shown to increase energy levels so you find you can do more things in the same amount of time.</p>
Exercise is boring	<p>Maybe exercise in the past has been boring, but this time think about how you can make it more enjoyable.</p> <p>Seeing the benefits of physical activity can be fun and rewarding.</p>	<p>What is it about it that you find boring? – opportunity to highlight alternatives (agree-build rapport)</p>

	charity. Think about what types of physical activity appeal to you. Listen to your favourite music.		
I don't have the right clothes	You don't need to buy new clothes. You can do things like walking, stair climbing, housework, gardening in your normal clothes.		
I'm too tired	Try to do some physical activity during the time of day when you have the most energy and remember small bouts of physical activity all add up.	You will probably notice that being more physically active actually gives you more energy – being inactive is what can make people feel tired. Regular activity will help you sleep better at night.	Think back to a time when you've complete some physical activity. How awake did you feel immediately afterwards?
I'm not very fit	Many activities such as a short walk, using the stairs and heavy housework do not require high levels of fitness. You can gradually increase how far you walk and increase your pace, which will in turn increase your level of fitness. Exercise indoors such as doing some home exercises, climbing stairs, exercise DVD, dance to music, ironing, tidy cupboards, clean house thoroughly. Take a walk around the Mall. Play	If you want to try something more vigorous then discuss this with your doctor first.	
It's too hot/cold/rainy			Since you can't do your normal activities, you will have to try something new and different!

	activity games with the kids. Play on the wii.		
Physical activity is expensive	It doesn't have to be. Walking is free, so is household chores and gardening and washing your car. Use whatever you have available, many household items can be effective aids. Use soup cans or water bottles as dumbbells, use the edge of a sturdy chair for tricep dips, use stairs for step ups.	Look for convenient, free or inexpensive resources in your community.	
If I take time to be physically active it's taking time away from my family	Do activities with your family. Plan a weekend walk, evening walks, softball games.		
I've been inactive for such a long time so starting now won't really help me	You're never too old and it's never too late to become physically active. Start doing small bouts of activity and build on this.	Evidence has shown that frail, elderly people have successfully built their strength through simple activities in a short time.	
I don't have anybody to look after my children	Do something physically active with your children. Children need physical activity too, no matter what age. Go for a walk, dance to music, play in the park, play ball games. Take it in turns with a friend to watch the children if you want to go for a swim or jog.		
I would be embarrassed if anybody saw me exercising	Ask yourself what really matters. You will be doing something positive for your health and that	You many even inspire others to get physically active.	

	<p>is something to be proud of. Invite a friend or neighbour to join you.</p>		
<p>I'm already very active</p>	<p>Perhaps you could try some other activities or even something new.</p>	<p>That's great! You are probably already aware of the many benefits, but you can still benefit from using physical activity as a coping mechanism as you reduce your smoking.</p>	