

Getting Active

Overcoming Roadblocks

Many people want to be as active as possible. But being active every day can be a challenge. You may find yourself making excuses or getting distracted. If so, what's keeping you from reaching your activity goals? Use the chart below to write down your specific roadblocks. Then fill in ideas that can help you stay on track.

Identify Your Barriers	Solutions to Keep You Moving
"I don't want to walk in my neighborhood after dark."	Walk inside the house! Dance to your favorite music, or pop in a workout video or DVD.
"I'm too tired to be active when I get home from work."	Take breaks for short walks during the day. Three 10-minute walks will boost your energy and help you meet a 30-minute goal.
"In the winter, it's too cold to walk outside!"	Find an indoor mall near you. Take a friend or family member window shopping. Or, walk up and down the stairs at home.
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