

Benefits & Barriers to Physical Activity

Health benefits of physical activity

Review the following table of health benefits of physical activity. In the first section, Reduces Health Risk, put a checkmark in the box next to any diseases and conditions that are in your family (parents, grandparents, siblings). In the next section, Improves Quality of Life, circle the benefits that are meaningful to you.

Reduces Health Risks	
Cognitive decline	Insulin resistance
Colon cancer	Lung cancer
Depression	Osteoporosis and bone fractures
Endometrial cancer	Premature death
Heart disease	Stroke
Hypertension	Type 2 diabetes
Improves Quality of Life	
<i>Long-term qualities, which take a while to accrue</i>	<i>Short-term qualities, which you will notice day-to-day</i>
Bone density	Strength
Grey matter of the brain	Balance
Cognition and memory	Mood
Gut microbiota	Stamina
Satiety cues	Appetite regulation
Lean body mass	Stress tolerance
Cardiovascular circulation	Sleep quality



Evaluating barriers to exercise

Review the questions and check the ones that apply to your situation.

Was exercise ever used as a punishment (such as being forced to run laps or do push-ups for misbehaviour)?
Were you teased for being uncoordinated?
Were you the last to be picked for teams?
Were you forced to exercise for weight loss?
Do you use exercise to compensate for eating a particular food, such as dessert?
Do you believe you need to be the right size or weight in order to exercise?
Do you believe that physical activity counts only if you sweat and burn a lot of calories?
Is losing weight the primary purpose of exercising for you?
Do you often exercise only when starting a new diet?
Do you feel like you don't have enough time to exercise?
Does your job require a lot of travel?
Do you have a lot of family obligations, with little free time for yourself?
Does the weather affect your ability to exercise outdoors?
Do you lack confidence about your ability to be physically active?
Have you had an injury or condition (including age) that keeps you from doing what you used to enjoy doing?
Are you afraid of being injured?
Do you feel too tired to exercise?
Do you feel you don't have any comfortable clothes to wear for exercise?

Select the barriers that present the biggest obstacles to physical activity for you.

Describe what you could do to overcome each barrier.

First Barrier:

Solution:

Second Barrier:

Solution:
