



## Lift Off! 10-Minute Physical Activity Breaks

### Common Barriers to Physical Activity and Tips

#### **I don't have enough time...**

Staying active isn't about a strict exercise program; it's about moving your body more! Tip: you can meet the physical activity recommendation by doing three 10 min. bouts of activity per day.

#### **I'm feeling tired...**

There will be times when you feel too tired to be active, but many find that activity increases their energy. Tip: try building a few simple activities into your day by walking for 10 minutes or going to a yoga class. If you enjoy what you do, you will discover more energy.

#### **I'm getting enough exercise at work...**

Being active at work may not be intense enough for health benefits. Tip: Use a pedometer to see how active you are. Strive for moderate-intensity activities like brisk walking.

#### **I don't like to sweat...**

Sweating is your body's way of cooling you off. Tip: try walking in the early morning or evening when it's cooler. Walk in an air-conditioned environment. Carry a towel.

#### **It's a cultural thing...**

African-American women may think it is culturally acceptable for them to be heavier. Others aren't active because it is a hassle to redo their hair. Tip: whether or not you want to lose weight, exercise will make you healthier. Keep your hair and health in perspective. Put your hair in a ponytail or wear a headband.

#### **I am not disciplined...**

Pick an activity that you like and can gradually fit into your everyday routine. Tip: begin slowly. Try different activities until you find ones that you enjoy and can sustain.

#### **I don't have anywhere to be active...**

Sometimes your environment may keep you from being active. Tip: walk in the house or go to the mall. Use the stairs instead of the elevator. Start a walking club in your church or neighborhood. Follow along with a workout video (try one from the library).

#### **I don't have a partner...**

It can be fun to be active with someone else, but don't quit because your regular partner does. Tip: find another partner or take the time to walk the dog, listen to music on a headset, or reflect on your day.

#### **I have a health condition that makes it hard...**

Health problems may make physical activity a little more difficult when you begin. But over time, these health conditions can actually improve. Be sure to check with your healthcare provider before beginning your program. Tip: Start slowly, build up, and each day it should become easier.