

# Addressing barriers to exercise and physical activity



**Unit:** Know how to support clients who take part in exercise and physical activity

# Barriers to exercise/physical activity

## Individual task

1. What are the barriers to exercise and physical activity
2. Consider the following headings:
  - Physical barriers
  - Emotional barriers
  - Motivational barriers
  - Time barriers



# Physical barriers

Physical barriers to exercise may include:

- Lack of fitness
- Medical complications
- Special conditions - pregnancy
- Proximity to facilities
- No transport



# Emotional barriers



Emotional barriers to exercise may include:

- Depression
- Lack of confidence
- Self-conscious or embarrassed
- Low self esteem
- Fear

# Motivational barriers

Motivational barriers to exercise may be as a result of:

- Boredom with current exercise programme
- Negative past experiences
- Excess stress in life
- Dislike exercise



# Time barriers

A lack of time to schedule exercise into the day may require careful planning to overcome:

Commitments may include:

- Family
- Work
- Friends
- Social



# Strategies to maintain motivation and adherence

- Rewards and incentives
- Integrate activity to daily routine
- Change training regularly
- Train with a group
- Utilising a training log
- Completing a decision balance sheet
- Using social support networks
- Use activity preferences, e.g. what the client likes?





# The value of client solutions

- People often know the best solutions that would work for them
- Collaborate
- Ask them for their ideas
- Listen
- Discuss a range of options





# Rewards and incentives

- *What are some possible rewards and incentives that could be used to motivate clients.*



# Rewards and incentives

- Praise and encouragement
- Goal reviews
- Noticing achievements
- Free gifts, e.g. water bottle
- Member of the month (attendance)
- Book 10 sessions get one free
- Introduce a friend for reward



# Activity preferences

## Things to consider

- *What are your favourite activities?*
- *What do you really enjoy?*

*Remember that the inclusion of client preferences can strengthen motivation and adherence*



# Integrating activity into daily activity

- *Reflect on different ways activity can be integrated into an individual's daily routine*
- *How can people 'move more often and sit down less'?*

