

Barriers to Physical Activity

Lesson Plan for Instructor

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils

Handouts:

Making a Good Fit ! Shoes for Active Feet

Suggested Format for Discussion:

- Write “Barriers to Physical Activity” on the board or flip chart.
- Pass out the *MOVE!* handout, “Barriers to Physical Activity”.
- Briefly explain the concepts of barriers to physical activity as discussed in the handout.
- Ask participants for examples of their barriers to physical activity and write them on the board.
- Ask participants to share their experiences and what obstacles they’ve encountered in trying to fit physical activity into their schedule.
- Solicit suggestions from group on ways to avoid physical activity “sabotage.”
- Discuss examples in the *MOVE!* handout, “Barriers to Physical Activity”, and solicit ideas.
- Ask participants to describe one way they intend to overcome a barrier to exercising.

