

# Lack of Time for 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:

[Lack of Time for Physical Activity](#)

## Suggested Format for Discussion:

- Write “Lack of Time for Physical Activity” on the board or flip chart.
- Write down examples of time obstacles that may interfere with doing some physical activity.
- Ask participants for suggestions/ideas about “making time” and write them on the board or flip chart. Discuss alternatives with group. Identify ways to fit physical activity into a busy schedule.
- For example, demonstrate chair exercises that can be done at work.
- Pass out the *MOVE!* handout “Lack of Time for Physical Activity”
- Discuss the handout and solicit input from the group.
- Ask each participant to discuss one way he/she can personally use any of these ideas.

**MOVE!**

