

Common barriers and coping strategies

Consider how you would respond to these common reasons given for inactivity.

Patient difficulty/barrier	Coping strategy
Bad weather	<p>'There's no such thing as bad weather, only the wrong clothes.' (Billy Connolly)</p> <p>All you need is a waterproof jacket and suitable footwear.</p> <p>Indoor facilities are an option – you could even be active in your own home using an exercise DVD.</p>
Embarrassed I look fat	<p>Think about individual activities at first and set yourself a long-term goal to join an exercise class.</p> <p>Wear comfortable, loose fitting clothes. Choosing the appropriate exercise class means that most people will be 'just like you' and are also trying to improve the way they look. Everyone needs to start somewhere.</p>
I don't have childcare	<p>Get active with the kids – go swimming or to the park.</p> <p>Check for childcare at leisure centres.</p> <p>Home exercise DVDs are a good way to get active if you can't get out of the house.</p>
I don't like feeling sore afterwards	<p>Muscle soreness is only temporary, but if you warm up and cool down, you shouldn't become sore. Don't do too much too soon.</p>
I don't have time	<p>It's up to you how you spend your time and, if you set this as a goal, it can help you to use your time effectively.</p> <p>Sometimes it just isn't convenient to exercise but you can do a minimum of a 10-minute walk at a moderate intensity or some active living (gardening, DIY, washing the car) or active travel (cycling, getting off the bus a stop early).</p> <p>Get others on board – tell them what you are trying to do and ask for their help with other commitments.</p>
I can't afford the gear	<p>Most supermarkets and high street stores carry very affordable and stylish leisurewear these days. But for everyday activities you don't need special clothing, you can do it in your everyday gear.</p>