

Overcoming Barriers to Exercise

Supports: Block — Overcoming Barriers to Exercise

Why It Matters

Almost everyone runs into the same roadblocks with exercise: no time, no energy, too tired, too sore, too self-conscious, or life simply gets in the way. These barriers are real — and every one of them has a workaround. The goal is not to be perfectly consistent; it is to expect the obstacles and have a plan for them, so a missed day stays a missed day instead of the end of the habit.

What to Know

Common barriers and simple fixes

- “No time” — break movement into short bouts; three 10-minute walks count as much as one 30-minute walk.
- “Too tired” — start with just five minutes; movement often creates energy rather than draining it.
- “It is boring” — pair it with music, a podcast, a show, or a friend.
- “I keep forgetting” — attach it to an existing habit and put it on your calendar.
- “Bad weather” — keep an indoor backup, like a home routine or mall walk.

Plan for the slip: Everyone misses days — that is normal, not failure. Decide now what your “get back on track” move will be, so one missed day does not become ten.

Try This

Name your barrier and your workaround.

? What is the biggest thing that gets in the way of your being active?

? Which fix above could you try the next time it comes up?