

QUESTIONS / ANSWERS TO GENERATE DISCUSSION

These are the most common barriers to being more active. Ask your workers how they could overcome them.

I HAVE NO TIME	<ul style="list-style-type: none">• Identify available time slots. Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity• Add physical activity to your daily routine. For example, walk or ride your bike to work or shopping, organize school activities around physical activity, walk the dog, exercise while you watch TV, park farther away from your destination, etc.• Select activities requiring minimal time, such as walking, jogging, or stair climbing.
LACK OF MOTIVATION/ I DON'T HAVE THE WILL POWER	<ul style="list-style-type: none">• Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar• Invite a friend to exercise with you on a regular basis and write it on both your calendars• Join an exercise group or class.
I HAVE FAMILY OBLIGATIONS	<ul style="list-style-type: none">• Exercise with the kids-go for a walk together, play tag or other running games. You can spend time together and still get your exercise• Jump rope, ride a stationary bicycle, or use other home gymnasium equipment while the kids are busy playing or sleeping• Try to exercise when the kids are not around (e.g. during work breaks).
FEAR OF INJURY OR NOT FIT ENOUGH	<ul style="list-style-type: none">• See your doctor for a full medical check-up before starting any physical activity program, particularly if you are obese, over 40, haven't exercised in a long time or have a chronic medical condition. Your doctor can assist and support you to make changes to your lifestyle• Learn how to warm up and cool down to prevent injury• Learn how to exercise appropriately considering your age, fitness level, skill level• Choose activities involving minimum risk like walking or swimming. Any activity is better than none, start slowly for 10 minutes a day.

NOTE you may like to order some physical activity guideline brochures <http://www.health.gov.au/internet/main/publishing.nsf/Content/phy-activity>