

Use these tips to make physical activity part of your healthy lifestyle

Common Barriers

- **Feelings;** tired, no motivation, not confident
- ♦ **Resources;** time, money, or facilities
- ♦ **Environment;** bad weather, or busy gym
- ♦ **People;** Lack of support or distracting friends
- ♦ **Events;** vacation, family obligations, last minute social events.

Image

Coping Plans Can Help

Research has shown that one of the reasons people fail to make physical activity a habit is because they don't know how to cope with the barriers that tempt them or prevent them from being active.

Coping plans are one strategy that can be used to help people overcome the barriers they face.

To make a coping plan effective, a person must **identify their personal barriers**, and **create a solution to address the problem**.

Tips for creating an Effective Coping Plan

- Record the barriers that have tempted you or prevented you from being physically active.
- Write down how you reacted. What did you do? How did you feel? Use this to identify patterns in how you cope with barriers.
- Create a detailed coping plan for each barrier. Try using "if" -"then" statements.
- Be realistic and honest with yourself, don't plan a workout at night if you will feel tired.
- Be prepared! Make sure you have everything you need for the original and back-up plan (e.g., clothes, equipment, workout plan).
- Record & track your activity, then re-evaluate & set new goals.
- Put your plan in a visible space and share it with friends & family that will support you.

Example of a Coping Plan

Barrier—*If I am planning on going for a 30 minute run and it's raining...*

Solution—*Then I will do a 30 minute body weight workout at home with my friend*

****She has the workout printed out and the interval timer is ready just incase.*

Barrier—*If I am planning on doing leg day at the gym, but my legs are too sore...*

Solution—*Then I will go for a light bike or walk with my boyfriend, stretch when I get home and do some core exercises.*