

Stop feeling guilty for falling off the exercise wagon & learn how to make it part of your daily routine!

Do You Experience Any of These Common Barriers?

- ♦ *Feelings*; tired, sad, no motivation, or not confident
- ♦ *Resources*; time, money, equipment, 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 Are Tools You Can Use To Overcome Your Personal Barriers

- 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**.

Example of a Coping Plan

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

Solution—*Then I will do interval training with Jake at the indoor track because he pushes me hard enough to see results.
***I will need my interval timer*

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

Solution—*Then I will remind myself that if I don't do it, I will feel guilty, and I will be disappointing my friend who made up the workout...*

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? Are there any patterns?
- 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! Have everything ready for the original and back-up plan (e.g., clothes, equipment, workout plan).
- Record & track your activity (try out some fitness apps), then re-evaluate and set new goals.