



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY BARRIER BUSTERS TO BEING ACTIVE

WHAT ARE YOUR FAMILY'S BARRIERS?

1. Ask family members these questions.
2. Talk about the answers.
3. Think up other solutions to these barriers.

1. ASK EACH BARRIER-BUSTER QUESTION:

TIME:
Our family is too busy to fit physical activity into our schedule.

2. CIRCLE YOUR FAMILY'S ANSWERS:

True or false?

3. TRY BARRIER-BUSTING SOLUTIONS. ADD YOUR FAMILY'S IDEAS TO THE LIST.

1. Decide on 1 active thing the family will do together and write it on your calendar.
- 2.

FAMILY & FRIENDS:
Our usual activities with family or friends do not include physical activity.

True or false?

1. Keep these handy – balls, flying disk, chalk for sidewalk hopping games, badminton, etc.
- 2.

ENERGY:
We are too pooped to exercise.

True or false?

1. Take a quick walk in the morning or during lunch.
- 2.

WILLPOWER:
Our family just can't get started being active.

True or false?

1. Make a list of all the good reasons to exercise.
- 2.

SAFETY:
It is not safe to go out and walk or ride a bike.

True or false?

1. Put on the music and dance or simply jump.
- 2.

SKILLS:
Our family is not very athletic and does not know how to play many sports.

True or false?

1. Walking is easy and fun for all ages.
- 2.

RESOURCES:
Our community doesn't have trails, swimming pools, or bike paths. It's costly to join classes or gyms or buy equipment.

True or false?

1. Jump ropes, balls, stretch bands, and community classes do not cost a lot.
- 2.

MARCH HEALTH CHALLENGE

Find a personal barrier to physical activity and try one way to bust it.

