

Overcoming Barriers to Weight Management Success

Potential barrier	Possible solutions
"I don't want to get hurt."	<ul style="list-style-type: none"> Choose low-impact activities (walking, swimming, bicycling, water aerobics) and gradually increase duration and intensity
"I don't have time."	<ul style="list-style-type: none"> Be physically active throughout the day in shorter time intervals (10 minutes gardening, 10 minutes walking, 10 minutes bicycling) Take 30 minutes over the weekend to plan quick and easy meals for the week Rely on convenience foods for on-the-go meals: items like pre-sliced vegetables, yogurt cups, whole fruit, string cheese, energy bars, and nuts are quick and healthy options Schedule your planned exercise in your day planner - in ink!
"I don't have the equipment necessary to exercise."	<ul style="list-style-type: none"> Increase lifestyle physical activity (taking stairs vs. elevator, parking further away, etc.) Use body weight for simple strengthening exercises such as push-ups and squats
"My significant other or friend doesn't understand why I am doing this."	<ul style="list-style-type: none"> Involve friends and family <ul style="list-style-type: none"> Take a family walk/bike ride or play games Involve spouse/children in meal planning and preparation Make an exercise "date" with a friend or spouse
"Exercising and eating better costs too much."	<ul style="list-style-type: none"> Choose low-cost exercise options like walking or jogging Buy in-season fruits and vegetables Eat at home more often Brown bag your lunches as often as possible – you'll save money and calories!
"The weather is not nice enough to go outside."	<ul style="list-style-type: none"> Beat the heat by exercising in the early morning or evening hours Check out local fitness centers Try alternative activities like exercise videos or walking at the mall
"I get bored easily."	<ul style="list-style-type: none"> Incorporate a variety of exercises into your program Listen to music during your workout Try group fitness classes or exercising with a partner
"I don't know where to start."	<ul style="list-style-type: none"> Walk for 20 minutes per day with a friend Talk to a health professional for guidance
"I like eating out many times per week."	<ul style="list-style-type: none"> Reduce portion sizes – order lunch-size portions or ask for a doggie bag to take leftovers home Save up calories for a restaurant meal by choosing lower calorie foods during the day