



STRATEGIES FOR MAINTAINING ACTIVITY

Maintenance Tips

CHALLENGES WITH MAINTAINING ACTIVITY IS SOMETHING ALL OF US DEAL WITH

Other demands (family, work, illness, vacation) can result in missed physical activity sessions. Acknowledging it will happen is important - it allows you to create strategies to get back on track

There are many reasons why we are less active than we should be. Common reasons, or obstacles include:



Lack of time



Lack of self-confidence



Lack of partner



Lack of ability

What are your thoughts and beliefs about these four obstacles?

How would you rate (0-10) each of these factors as obstacles preventing you from engaging in an active lifestyle?

If you have ever had trouble sticking with an activity or workout routine, what has helped you get back on track?