

Barriers to Being Active Quiz

What keeps you from being more active?

Directions: Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and indicate how likely you are to say each of the following statements:

| How likely are you to say? | Very likely | Somewhat likely | Somewhat unlikely | Very unlikely |
|---|-------------|-----------------|-------------------|---------------|
| 1. My day is so busy now, I just don't think I can make the time to include physical activity in my regular schedule. | 3 | 2 | 1 | 0 |
| 2. None of my family members or friends like to do anything active, so I don't have a chance to exercise. | 3 | 2 | 1 | 0 |
| 3. I'm just too tired after work to get any exercise. | 3 | 2 | 1 | 0 |
| 4. I've been thinking about getting more exercise, but I just can't seem to get started | 3 | 2 | 1 | 0 |
| 5. I'm getting older so exercise can be risky. | 3 | 2 | 1 | 0 |
| 6. I don't get enough exercise because I have never learned the skills for any sport. | 3 | 2 | 1 | 0 |
| 7. I don't have access to jogging trails, swimming pools, bike paths, etc. | 3 | 2 | 1 | 0 |
| 8. Physical activity takes too much time away from other commitments—time, work, family, etc. | 3 | 2 | 1 | 0 |
| 9. I'm embarrassed about how I will look when I exercise with others. | 3 | 2 | 1 | 0 |
| 10. I don't get enough sleep as it is. I just couldn't get up early or stay up late to get some exercise. | 3 | 2 | 1 | 0 |
| 11. It's easier for me to find excuses not to exercise than to go out to do something. | 3 | 2 | 1 | 0 |
| 12. I know of too many people who have hurt themselves by overdoing it with exercise. | 3 | 2 | 1 | 0 |
| 13. I really can't see learning a new sport at my age. | 3 | 2 | 1 | 0 |
| 14. It's just too expensive. You have to take a class or join a club or buy the right equipment. | 3 | 2 | 1 | 0 |
| 15. My free times during the day are too short to include exercise. | 3 | 2 | 1 | 0 |
| 16. My usual social activities with family or friends do not include | 3 | 2 | 1 | 0 |

| | | | | |
|---|---|---|---|---|
| physical activity. | | | | |
| 17. I'm too tired during the week and I need the weekend to catch up on my rest. | 3 | 2 | 1 | 0 |
| 18. I want to get more exercise, but I just can't seem to make myself stick to anything. | 3 | 2 | 1 | 0 |
| 19. I'm afraid I might injure myself or have a heart attack. | 3 | 2 | 1 | 0 |
| 20. I'm not good enough at any physical activity to make it fun. | 3 | 2 | 1 | 0 |
| 21. If we had exercise facilities and showers at work, then I would be more likely to exercise. | 3 | 2 | 1 | 0 |

Follow these instructions to score yourself:

- Enter the circled number in the spaces provided, putting together the number for statement 1 on line 1, statement 2 on line 2, and so on.
- Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

| | | | | | | | |
|-------|---|-------|---|-------|---|-------|-------------------|
| _____ | + | _____ | + | _____ | = | _____ | |
| 1 | | 8 | | 15 | | _____ | Lack of time |
| _____ | + | _____ | + | _____ | = | _____ | |
| 2 | | 9 | | 16 | | _____ | Social influence |
| _____ | + | _____ | + | _____ | = | _____ | |
| 3 | | 10 | | 17 | | _____ | Lack of energy |
| _____ | + | _____ | + | _____ | = | _____ | |
| 4 | | 11 | | 18 | | _____ | Lack of willpower |
| _____ | + | _____ | + | _____ | = | _____ | |
| 5 | | 12 | | 19 | | _____ | Fear of injury |
| _____ | + | _____ | + | _____ | = | _____ | |
| 6 | | 13 | | 20 | | _____ | Lack of skill |
| _____ | + | _____ | + | _____ | = | _____ | |
| 7 | | 14 | | 21 | | _____ | Lack of resources |