

Learn how to stay
active to get the
**body you
want!**



MAKE PHYSICAL ACTIVITY PART OF YOUR FIT LIFESTYLE

Coping plans can help you identify, cope with, and overcome barriers that prevent you from making physical activity part of your daily routine.

COMMON BARRIERS

you may experience



FEELINGS

Tired, no motivation, not confident



RESOURCES

Time, money, facilities



ENVIRONMENT

Bad weather, busy gym



PEOPLE

Lack of support, distracting friends



EVENTS

Vacation, family obligations, last minute social events

EXAMPLE

BARRIER #1

IF I am planning on going for a 30 minute run and it's raining...

SOLUTION #1

THEN I will do interval training with Jake at the indoor track because he pushes me hard enough to see results.

***Have interval timer.

BARRIER #2

IF I am planning on doing leg day at the gym, but my legs are too sore...

SOLUTION #2

THEN I will remind myself that if I don't do it, I will feel guilty for ditching Veronica at the gym.

***Have the workout plan.

MY COPING PLAN

BARRIER #1

IF _____

SOLUTION #1

THEN _____

BARRIER #2

IF _____

SOLUTION #2

THEN _____



Tips for COPING PLANNING

- IDENTIFY PATTERNS of your barriers by recording barriers that you have encountered - how did you react? What did you do?
- Create a detailed coping plan for each barrier, use IF...THEN... statements.
- be REALISTIC and HONEST - don't plan a workout at night if you are always tired.
- Be PREPARED - have supplies for original and back-up plan (e.g. clothes, equipment, workout plan).
- RECORD and TRACK your activity, re-evaluate and set new goals.
- Put your plan in a VISIBLE place and share it with friends and family who are SUPPORTIVE.

It takes

... 4 weeks for you

**... 8 weeks for
your friends & family**

**... 12 weeks for
the rest of the world**

to see your body change.

Keep Going!!!