



Learn how to make  
physical activity  
part of  
your healthy  
lifestyle

# MAKE PHYSICAL ACTIVITY PART OF YOUR HEALTHY 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 a 30 minute body weight workout at home with my wife.

\*\*\* Have a workout printed and 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 go for a light bike/walk with the family, stretch when I get home and do some core exercises.

# MY COPING PLAN

## BARRIER #1

IF \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SOLUTION #1

THEN \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## BARRIER #2

IF \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

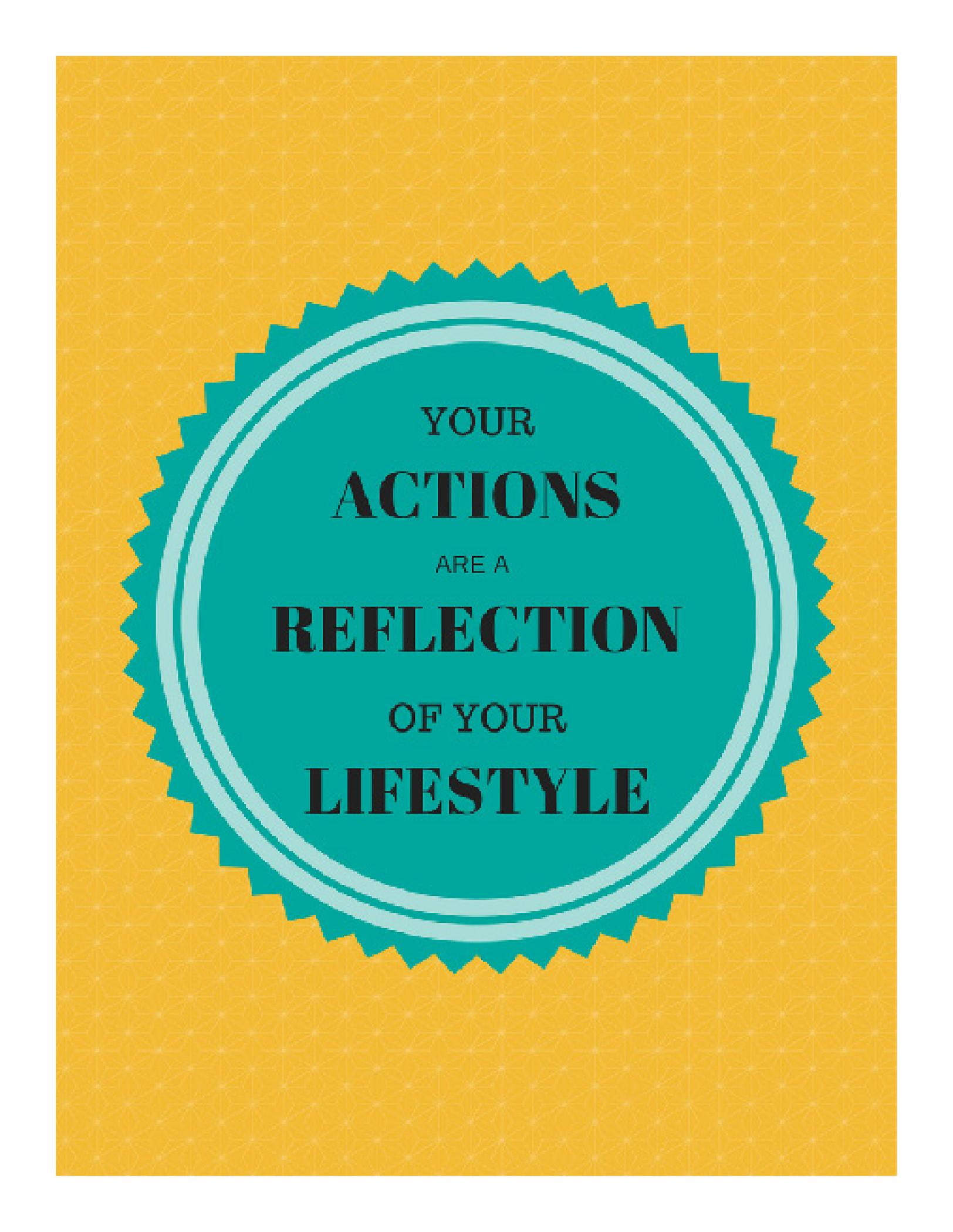
## SOLUTION #2

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.



YOUR  
**ACTIONS**  
ARE A  
**REFLECTION**  
OF YOUR  
**LIFESTYLE**