

BMHN5003 23/24 Barriers to Exercise and Physical Activity...

Add all the barriers that you can think of to this page. Think beyond the obvious and general!

ALISON CONNAUGHTON SEP 14, 2023 07:17PM UTC

Transportation

Mobility issues

Teenage bullying / puberty

Injury

Want to fit in with a certain group who don't exercise

Childcare issues

social media

Mental health

Self conscious

Lack of willpower

Embarrassed

No motivation

Teenagers – ANONYMOUS

Tiredness – ANONYMOUS

Embarressment

Motivation

Online games etc

Busy work life/ routine

Lack of understanding that low impact exercise counts as some exercise

Lack of energy-busy lifestyle

Lack of education

Confidence

Doesn't know the negative results of physical inactivity – ANONYMOUS

Lack of access to facilities

“Too old” “too late. To start now”

Disability

Change of routine

Lack of local resources

Lack of knowledge

Money

Fear of discomfort - being out of comfort zone

Other priorities to spend money on – ANONYMOUS

No enjoyment

Family life

Lack of time to commit to exercise – ANONYMOUS Work life

Busy routine – ANONYMOUS

Physical inability
