



Alison Connaughton 9/24/2025 ↻

Task: BMSH4303 25/26 Barriers to Exercise and Physical Activity...

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

↻ **Elderly become frail and vulnerable so then only do what they can in their house as they're afraid of falling**

🗨 0

↻ **peer pressure**

stuck in work - then going home to childcare not having any time

🗨 0

↻ **More experienced people, being judgemental to non experienced.**

🗨 0

↻ **Not enough free/taster opportunities in the area preventing encouragement**

🗨 0

↻ **No gym in area, no travel option**

🗨 0

↻ **Feeling you can't do it**

🗨 0

↻ **Feeling like they will be judged**

🗨 0

↩ Afraid to go to the gym alone

🗨 0

↩

- Have a family and can't commit
- Mental health - don't feel that they are good enough to play that sport
- Not having anyone they know going
- Anxiety
- Lifestyle
- No motivation
- Religion
- Age
- Race
- Injures

🗨 0

↩ **Lack of experience - no support or 1 to 1 to boost confidence**

🗨 0

↩ **Feeling intimidated in the gym**

🗨 0

↩ **peer pressure to skip training especially as teens**

🗨 0

↩ Busy lifestyle

🗨 0

↩ having to travel to places could be an issue

0

↩ Feeling judge

0

↩ Limiting self belief

0

↩ not supported or encouraged by parents

0

↩ Unable to do certain movements - sometimes linked to never being shown how

0

↩ lack of motivation

0

↩ Trouble with socialising if they have to go to a training session alone

0

↩ No motivation

0

↩ Peer Pressure

0

↩ **Lack of motivation**

🗨 0

↩ **Barriers to participation**

religion
disability
age
gender
race
Societal class

🗨 0

↩ Poor health or limited physicality

🗨 0

↩ **Feel like they don't enjoy exercise**

🗨 0

↩ **Anxiety**

🗨 0

↩ **Cant afford it**

🗨 0

↩ “Not enough time”

🗨 1

Thgoldenboy 10/2/25 2:26PM

↩ Injuries

🗨 1

| **Busy Catfish** 10/2/25 2:29PM
👍

↩ Current physical condition - feeling like they have to be in shape to get in shape

🗨 0

↩ No support network

🗨 0

↩ Confidence

🗨 0

