

# CSEP-PATH: BARRIERS TO PHYSICAL ACTIVITY

Anyone considering integrating regular physical activity into their lives may face certain obstacles or barriers. From the following list of commonly cited barriers to physical activity, indicate the level of importance to your situation on a scale of 1 to 10 by circling the relevant number.

	NOT IMPORTANT					VERY IMPORTANT				
Previous negative experiences with physical activity	1	2	3	4	5	6	7	8	9	10
Lack of time	1	2	3	4	5	6	7	8	9	10
Have other areas in my life that I feel must take priority in my day	1	2	3	4	5	6	7	8	9	10
Costs	1	2	3	4	5	6	7	8	9	10
Lack of energy	1	2	3	4	5	6	7	8	9	10
Lack of knowledge	1	2	3	4	5	6	7	8	9	10
Lack of motivation	1	2	3	4	5	6	7	8	9	10
Lack of skill	1	2	3	4	5	6	7	8	9	10
Feeling uncomfortable or intimidated in a gym	1	2	3	4	5	6	7	8	9	10
Fear of injury or re-injury	1	2	3	4	5	6	7	8	9	10
Fear of making an existing condition worse	1	2	3	4	5	6	7	8	9	10
How I see my body	1	2	3	4	5	6	7	8	9	10
Failure to reach goals in past attempts	1	2	3	4	5	6	7	8	9	10
Know that I cannot achieve the goals I want so why bother	1	2	3	4	5	6	7	8	9	10

	NOT IMPORTANT					VERY IMPORTANT				
Lack of access to opportunities such as nearby facilities	1	2	3	4	5	6	7	8	9	10
Keep talking myself out of it	1	2	3	4	5	6	7	8	9	10
Lack of safe places	1	2	3	4	5	6	7	8	9	10
Lack of child care	1	2	3	4	5	6	7	8	9	10
Lack of partner	1	2	3	4	5	6	7	8	9	10
Lack of available and suitable exercise programs at my level	1	2	3	4	5	6	7	8	9	10
Lack of support from others	1	2	3	4	5	6	7	8	9	10
Lack of transportation	1	2	3	4	5	6	7	8	9	10
Lack of ability to work at a level for it to be worthwhile	1	2	3	4	5	6	7	8	9	10
Find that other people pressure me and that bothers me	1	2	3	4	5	6	7	8	9	10
Other	1	2	3	4	5	6	7	8	9	10