



## EXERCISE: What's holding you back?

Are you struggling to get active? Here are some ways to work on overcoming those exercise barriers.

**PROBLEM:** I haven't exercised in a long time.

**SOLUTION:** Start simple. Try walking for a few minutes. Slowly increase the time and intensity of your walk or other exercise.

**PROBLEM:** I don't have enough time.

**SOLUTION:** Even 10 minutes of exercise is better than none. Find short breaks in your day to dance or walk.

**PROBLEM:** It's expensive.

**SOLUTION:** You don't need to spend money. You only need a comfortable pair of shoes to start walking. Or, exercise in your home with a smartphone app or video from the library.

Source: U.S. Office of Disease Prevention and Health Promotion