



# Common Reasons For Not Moving

1. **Misconceptions, e.g.,**
  - physical activity is more important for men than for women
  - to be beneficial, an activity program takes a *lot* of time and hard work
  - if you are thin, you are in "good shape"
  - to be beneficial, an activity program *must* include jogging, or calisthenics, or lifting weights
  - team sports are the best kind of activity
2. **Procrastination**
  - difficulty breaking out of the habit of inactivity
3. **Time**
  - school and work commitments
  - family responsibilities
  - other pastimes, e.g., movies, television, music
4. **Lack of satisfaction**
  - doing a specific physical activity just because someone else does it
  - doing a specific physical activity only because you think it's "good for you"
  - setting inappropriate personal goals
5. **Lack of support**
  - friends are not interested in physical activity
  - family is not interested in physical activity
6. **Self-consciousness**
  - concern about appearing awkward
7. **Pessimistic outlook**
  - lack of belief in yourself
8. **Falling off the wagon**
  - giving up before the benefits of activity are experienced

(adapted with permission from ParticipAction, Fitness Head On)

Activities #2 & 4  
Active Living  
ACTIVE LIVING

