



Think about your barriers to becoming more physically active right now and finish the sentence below:

The things that are getting in the way of me being more physically active are

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**If you aren't sure what to write, use the list below. Tick the points that relate to you and your situation at the moment:**

- I don't know where to start.
- I don't know how much activity is enough.
- I'm not sure what the benefits of activity or fitness are.
- I hate exercise.
- The exercises the physio gave me made the pain worse.

OVERCOMING CHRONIC PAIN

- I can't speak when I am walking.
- I get scared when my heart beats faster.
- Pain stops me doing more.
- I don't like getting sweaty.
- There's nowhere to shower and change when I get to work.
- I can't afford a gym pass.
- It makes me so tired.
- I don't know what to wear.
- I have no one to walk with me.
- Other reasons.

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