**Title**

Activate! Barriers to Being Active Quiz

**Time**

Pre-session preparation for learners:  5 minutes

Session:  20 minutes

**Materials Checklist**

Activate! Barriers to Being Active Quiz

Pen/Pencil

**Objectives**

To identify which barriers impact physical activity

To identify solutions to physical activity barriers

**Learners will be able to:**

Identify which barriers impact their physical activity

Identify solutions to physical activity barriers

**Exercises and Activities to Complete Before and During the Session**

Barriers to Begin Active Quiz

**Pre-session Preparation**

**Read (5 minutes)**

Activate! Barriers to Being Active Quiz

**During the session**

**Present/Review (10 minutes)**

Read each statement. Ask participants to complete the barriers checklist based on challenges for obtaining steps. Identify which barriers impact their physical activity the most.

**Discuss (10 minutes)**

Discuss potential solutions to the barriers.

**Facebook post ideas:**

* No matter how slow you go, you are still lapping everyone on the couch!
* Find what motivates you.
* One small try is all it takes.