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**Barriers to Being Active Quiz**

Please read each statement and indicate if this describes your family.

Your Activate! leader will review this with your family after completion.

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|  | **Yes** | **No** |
| 1. Our day is so busy now; we just don’t think we can make the time to include physical activity in our regular schedule.
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| 1. None of our family members or friends likes to do anythingactive*,* so we don’t have a chance to exercise*.*
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| 1. We are just too tired after work and school to get any exercise.
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| 1. We have been thinking about getting more exercise, but we just can’t seem to get started.
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| 1. We have a fear of getting injured.
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| 1. We do not get enough exercise because we have never learned the skills for any sport.
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| 1. We don’t have access to jogging trails, swimming pools, bike paths, etc.
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| 1. Physical activity takes too much time away from other commitments—like work, family etc.
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| 1. We are embarrassed about how we will look when we exercise with others.
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| 1. We don’t get enough sleep as it is. We just couldn’t get up early or stay up late to get some exercise.
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| 1. It’s easier for us to find excuses not to exercise than to go out and do something.
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| 1. We know too many people who have hurt themselves by overdoing it with exercise.
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| 1. We really can’t see learning a new sport at this point in our life.
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| 1. It’s just too expensive. You have to take a class or join a club or buy the right equipment.
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| 1. Our free times during the day are too short to include exercise.
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| 1. Our usual social activities with family or friends do not include physical activity.
2. We are too tired during the week and need the weekend to catch up on our rest.
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| 1. We want to get more exercise, but we just can’t seem to make ourselves stick to anything.
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| 1. We are afraid we might injure ourselves or have a heart attack.
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| 1. We are not good enough at any physical activity to make it fun.
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| 1. If we had exercise facilities at work and school, then we would be more likely to exercise.
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