

PALO PINTO GENERAL HOSPITAL

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Health Promotion Series-Physical Activity

Vol. 2

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Many people have difficulty with beginning physical activity and then continuing with it. We know physical activity is so important for many reasons but did you know that 2 out of 3 Americans still do not get the recommended amount of exercise? Let's look at some of the reasons that this is an issue for so many of us:

- Technology has made life more convenient (in some cases) leading us to be less active
- Personal barriers-psychological, physiological, behavioral
- Not enough time
- Inconvenient
- Lack of self-motivation
- Exercise is not enjoyable/is boring
- Lack confidence in your ability
- Fear of injury
- Lack self-management skills such as: inability to set personal goals, monitor progress, or reward progress
- Lack support or encouragement
- Do not have a safe place to exercise



With these difficulties also come some solutions. If you find yourself looking at these reasons and agreeing that these are some things that might be holding you back, please click on the below link for some suggestions to overcome these barriers and get on the right track.

<http://www.cdc.gov/physicalactivity/basics/adding-pa/barriers.html>



PPGH's Walking Track is well lit and a great place to start