

Some Common Barriers to Exercise

and How to Overcome Them

1. I don't have any motivation

- Look back at the first page of this packet and consider the consequences of not exercising. Remember how much good you are doing for your health and quality of life. A single exercise session will produce changes in your body that can not only reduce blood pressure and improve the functioning of your heart and blood vessels, but also causes the release of chemicals in your brain that will relieve stress and make you feel great.

- Another strategy is to find a friend or family member who wants to exercise with you. Being accountable to them will help motivate you to get going, and the conversation can be a positive reward.

2. I feel like I don't have enough time

- Recent research has shown that as little as 10 minutes of physical activity can cause the changes in your body that lead to exercises many health benefits. If you can't find a 30 minute block of time to go for a walk, simply break that walk up into 10 minute sessions, three times per day. As long as the weekly total is 150 minutes, you will be doing great.

- Walk whenever you can; Take the stairs, walk around the block during a break or lunch at work, park your car at the far end of the lot and walk to the store, walk around the field during your child or grandchild's sporting events, etc... Try and find any excuse you can to keep your body moving!

3. The weather is bad and I don't want to exercise outside

- Find any way you can to workout inside. You can drive to the mall or a large shopping center and walk around, take an exercise class at your local gym, or rent an exercise DVD from your library and do the routines in your living room. Remember, any movement is better than sitting on the couch.

4. I don't have any social support

- OHSU Cardiac Rehab provides several ways for our patients to network with each other and provide assistance. Our support group – Heart Garden – meets at 3:00 on the eighth floor of the Center for Health and Healing on the second Wednesday of every month, and our Healthy Hearts Facebook page is always open. Both groups are a great way for you to connect with former patients who know exactly what you are going through and how you feel, and can provide a helping hand when you're in need. For more information, please feel free to contact us at (503) 418-2406.