



SAMPLE CONTEMPLATION ACTIVITY: OVERCOME THE ROADBLOCKS

There is a good chance you are wondering whether regular exercise is worth the effort. It can be challenging to change old habits, especially at first. We have three strategies to help reduce the drawbacks or roadblocks you might be facing.

Jot down your three biggest roadblocks in the table below. Which of the following strategies will you use to overcome each barrier?

1. Create a list of the benefits, or pros, of exercising regularly. (The Sample Activity for Precontemplators: Raise the Pros, found in From the Practical Toolbox 4.1, can be used here, as well, if you have not already done so.) As you add to your list, the drawbacks, or cons, may seem less important.
2. Consider the cons as the hassles they are, compared to the serious consequences of not exercising regularly. For example:
 - How does the cost of an exercise class or a new pair of sneakers compare to the risk of diabetes or heart disease?
 - How does finding the time to exercise compare to the time you

could be adding to your life by doing it?

- How does the temporary discomfort of starting to exercise compare to the chance you will have less strength and endurance over time if you don't exercise?
3. Counter the cons, or drawbacks, with practical alternatives or challenges. For example:
 - If I lack a 30-minute block of time to exercise, I can do three, 10-minute blocks during the day.
 - I can watch a favorite show while I am on a treadmill to make the time pass more quickly.
 - If I am embarrassed to exercise in front of others, I can exercise at home, go to a class for beginners, or hit the gym when it is not crowded. I will feel less self-conscious.
 - If I cannot afford a gym membership, I can walk outside for free, sign up for a low-cost class at my community center, or ask if the gym offers a sliding scale membership fee.

List Your Three Biggest Roadblocks Here:	List Three Practical Alternatives Here: