

LECTURE 2

Common Barriers To Exercise

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- Some common barriers
- Keeping motivation high

Motivation

LECTURE **2**

Common Barriers to Exercise

The benefits of exercise, as well as those of sound nutritional principles are well-founded and agreed upon. There is a huge benefit to health for those taking part in regular exercise. For those not participating, as well as for those starting training, we need to be aware of the barriers that may get in the way of regular adherence.

Barriers to participation are one of the most important things for us to work through with clients. Be they physical or psychological barriers, we need to find a way to assist in the client's participation by helping them to overcome the things that are holding them back...

What Are Some Of The Common Barriers?

Motivation - is a common barrier. Many people have low motivation to start exercising or lose motivation over time.

Facilities – there are no facilities near to my home. The ones that are close aren't very good.

Self management - making exercise happen can sometimes be difficult for people, even when the intention is there.

Inconvenience - I just can't seem to find time to exercise!

Low Confidence – I don't think I'm good enough. I'm too old. Everyone will be better than me.

Physical – the client's ability, perceived or real can hold them back. They may also have medical issues that hold them back.

Finance – I can't afford it.

Past failures - I've tried it in the past and didn't succeed.

Wrong attitude - I don't enjoy it.

Lack of trust in their body – they may be returning from a recent injury

Energy – I'm just too tired to exercise.

Time – I just don't have time

Lack of enjoyment – I find exercise boring

Emotional – fear or nervousness around exercise are common.



So as trainers, how can we keep motivation high?

Keep Training Fun

There are so many inherent health benefits that come with regular exercise, and it can assist in so many ways including stress management, weight management, social engagement and disease prevention. People are now much more aware of exercise as a way of preventing illnesses.

Involve Others

Training with a friend or joining a class or team can offer a sense of community, friendship and belonging that can enhance attendance and adherence.

Keep A Training Diary

Planning or scheduling workouts, revisiting your previous sessions to see how far you have progressed, and using this to plot future sessions all serve to keep you pushing forward.

Keep A Nutrition Diary

If you are training well, you may find it easier to eat a healthier diet also. A food diary can keep you motivated as you build a history of sound food intake, possibly making you less likely to stop training and revert to a poor diet.

Set Realistic Goals at the Outset

Setting the client up with a programme that is too complex early on is likely to end in failure and lack of adherence.

Rewards and incentives are a good strategy to employ to mark progress, and to enhance motivation to achieve. The reward shouldn't undermine their progress and shouldn't be extravagant but should be meaningful. You could create a reward system specific to your club or clients that marks progress and creates a sense of 'team' at the same time. An example might be a special tee shirt that clients can only get when they've completed a particular number of sessions.