## **How to Cope with Challenges** | Getting Active

Trying to be more active isn't always easy. Life can get in the way. Here are some common challenges you might face, and ways to cope with them. Write your own ideas in the column that says, "Other Ways to Cope." Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
It's too hot, cold or wet outside.	<ul> <li>□ Work out indoors.</li> <li>□ Dress for the weather.</li> <li>□ Swim in hot weather.</li> </ul>	
I don't have time.	To fit fitness in anytime:  □ Break your 150 minutes into smaller chunks.  □ Park your car farther away from the place you want to go.  □ Get off the bus one stop early. Walk the rest of the way.  □ Take stairs instead of elevators.  □ Use a fitness app.  To fit in fitness at home:  □ Walk your dog briskly.  □ Sweep or mop your floor briskly.  □ Wash your car by hand.  □ Stretch, do sit-ups or other exercises while you watch TV.  □ Mow your lawn with a push mower, or rake leaves.  □ Plant and care for a vegetable or flower garden.	

Challenge	Ways to Cope	Other Ways to Cope
I don't have time.	To fit in fitness at work:  □ Take a brisk walk during your coffee or lunch break. Ask a friend to go with you.  □ Take part in an exercise program at work.  □ Join a nearby gym. Go before or after work, or during your lunch break.  □ Join the office sports team or walking group.  □ Use a copy machine on the other side of the building.	
I don't have child care.	<ul> <li>□ Be active with your kids.</li> <li>□ Swap child care with a friend.</li> <li>□ Ask friends or family to help out.</li> <li>□ Use gym child care.</li> </ul>	
I don't have a car.	<ul><li>□ Work out in your own home.</li><li>□ Walk to a nearby park.</li></ul>	
I feel embarrassed.	<ul><li>☐ Work out in your own home.</li><li>☐ Work out with a close friend you trust.</li></ul>	
It's boring.	<ul> <li>□ Dance.</li> <li>□ Play with your kids.</li> <li>□ Work out with a friend.</li> <li>□ Use a fitness app.</li> <li>□ Listen to music, watch TV or talk on the phone while you are active.</li> <li>□ Keep trying new things until you find something you like.</li> </ul>	

Challenge	Ways to Cope	Other Ways to Cope
It costs too much.	<ul> <li>Do free activities like walking.</li> <li>Buy workout clothes and equipment on sale.</li> <li>Look for free fitness classes at your library or community center.</li> </ul>	
It's painful or tiring.	<ul> <li>□ Ask your healthcare provider what ways to get active are right for you.</li> <li>□ Ask a trainer to teach you proper form.</li> <li>□ Work out at the time of day when you have the most energy.</li> <li>□ Walk slowly, swim or do other low-impact activities.</li> <li>□ Do yoga or Tai Chi.</li> </ul>	
It messes up my hair.	<ul> <li>□ Work out in a cool place.</li> <li>□ Try new hair products and styles.</li> <li>□ Plan your workouts for days you do not need to style your hair, or plan to wash it.</li> </ul>	