



Personal Priorities

Physical Activity Benefits

People have lots of reasons why they want to become physically active (see box). List the ways you think you can benefit from being regularly active. List the benefit that is the most important to you as #1. Put the one that is the least important to you as #6. Add more lines to the list if you have more than six benefits.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Lose weight *Sleep better*
Decrease stress **Lower blood cholesterol**
 Lower blood pressure
INCREASE MUSCLE TONE
 Control blood sugar *Improve mood*
Increase energy **Build strong bones**

Physical Activity Barriers

Everyone has different reasons that what stop them from being physically active (see box). Put your biggest physical activity barrier as #1. List the rest of your barriers in order of priority with your smallest barrier listed as #6. Add more lines to the list if you have more than six barriers.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Hate exercise **Not enough time**
 Too overweight
Knees hurt **Afraid of getting hurt**
 Can't afford a gym **TOO OLD**
 Embarrassed *Don't know how*
 Don't like to sweat **Live in unsafe area**

Knowing your personal benefits and barriers will help you stay focused on what you can change and the benefits that you want to get from changing. Refer back to this sheet often during the Get Active Program.