**Session 4 – Move Your Body**

*(handout 3)*

***What keeps you from being more physically active? Write down the reasons you are not more physically active. Nothing is too big or small.***

***List your physical activity barriers.***

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***•***

***Prioritize barriers from biggest to smallest.***

***1.***

***2.***

***3.***

***4.***

***5.***

***Pick one barrier and brainstorm ways to overcome it. List your ideas below.***

***1.***

***2.***

***3.***

***4.***

***5.***

***Now pick one of your ideas and list it below. Try it for a week. If it works, continue to use this strategy to overcome this barrier. If it doesn’t work, try another strategy. Keep trying new ideas until you find some that work for you.***