

Titan Workouts!

Barriers and Ways to Overcome Them

When doing a workout, everyone runs into things that make it hard for them to do their routine as planned. These are barriers. Thinking of barriers you may face and how you might overcome them helps you succeed with your fitness goals.

Take a moment and fill in this barriers worksheet.

Barrier	Ways to Overcome It
Example: I'm too tired when I get home from work.	Examples: <ol style="list-style-type: none">1. I'll wake up an hour earlier than normal and go for a walk.2. I'll bring a change of clothes and exercise on my lunch break.3. Instead of sitting on the couch the minute I get home from work, I'll walk for just 20 minutes.