



ActNowBC

BRITISH COLUMBIA RECREATION AND PARKS ASSOCIATION

# WALKING PROGRAM

## WALK LEADER HANDBOOK

[www.bcrpa.bc.ca/walking](http://www.bcrpa.bc.ca/walking)



## SECTION A: INTRODUCTION

As a Walk Leader you are an important and crucial part of the success of a walking program or group in your community. The most successful community-based walking programs have walk leaders at the local level who, given their understanding of their community, play a key role in networking, promotion, evaluation, and sustainability.

Walking program participants who are supported locally are more likely to still be walking one year later and walkers who feel supported and energized become the best advocates for the walking program in the community. Without local support the programs dissolve and die quickly in the community. Your involvement as a Walk Leader is critical and greatly appreciated.

Our bodies generally respond well to physical activity and walking is one of the easiest forms of physical activity. Also, lost fitness can be regained with regular physical activity. The Public Health Agency of Canada's Physical Activity Guide supports walking as both an endurance and strength activity.<sup>1</sup> People walk for many reasons – for pleasure, to experience the outdoors, to socialize, to lessen the effects of chronic health conditions, to address environmental concerns. Walking reduces fatigue and increases energy, strengthens bones and muscles, and is virtually injury-free.<sup>2</sup> Walking, particularly in pleasant surroundings, and with other people, offers many opportunities for relaxation and social contact.

Cover photo courtesy of: City of Penticton



Studies<sup>3</sup> show that walking can:

- Reduce the risk of coronary heart disease and stroke.
- Lower blood pressure.
- Reduce high cholesterol and improve blood lipid profile.
- Reduce body fat.
- Enhance mental well being.
- Increase bone density, thereby helping to prevent osteoporosis.
- Reduce the risk of cancer of the colon.
- Reduce the risk of non-insulin dependent diabetes.
- Help to control body weight.
- Help osteoarthritis.
- Help increase flexibility and co-ordination hence reducing the risk of falls.

<sup>1</sup> Public Health Agency of Canada. (2003). What the Experts Say. Retrieved from [www.phac-aspc.gc.ca/pau-uap/paguide/activities.html](http://www.phac-aspc.gc.ca/pau-uap/paguide/activities.html)

<sup>2</sup> Government of Ontario, Active 2010 (2005). Walking-The Activity of a Lifetime.

<sup>3</sup> Davison & Grant (1993) US Dept of Health (1996) British Heart Foundation (2000) Mayo Clinic (2005). Retrieved from: [www.ramblers.org.uk](http://www.ramblers.org.uk) and [www.mayoclinic.com/health/walking/SM00062\\_D](http://www.mayoclinic.com/health/walking/SM00062_D)

**SECTION A: INTRODUCTION**

This *Walk Leader Handbook* contains the tools you need to be a successful Walk Leader in your community. While not everyone may be able to incorporate all aspects of this handbook into a walking program, the ideas in this book outline how to create and maintain or enhance an effective and enjoyable walking group. This handbook includes:

- Information on the role of the Walk Leader (Section A);
- Information on what people expect and look for in a walking group and Walk Leader (Section A);
- A guide to planning the walk (Section B) and a six-point checklist to do before the walk starts (Section C);
- Information on how to instruct participants in the proper execution of warm-up stretches (Section D);
- Ideas on how to incorporate a social component to the group walk (Section E);
- Details on the importance of having the group fill out the health screening form (Section F);
- Points throughout to help answer questions that participants may ask about walking.

**What is the Role of the Walk Leader?**

Walking group members look to the Walk Leader for guidance and encouragement. Walk Leaders plan the route, may advertise locally, and lead the groups in the walks. Many participants prefer leader-guided walks, such as those who embark on a walking program for the first time, those who are new to a community, and for many other reasons. Leader-guided walks are especially preferred by those over age 50.

A good Walk Leader is someone who:

- Is friendly and easy to talk with.
- Makes the walk feel like a fun occasion.
- Is positive and encouraging for those starting out and encouraging of participants to keep coming back.
- Is reliable and punctual.
- Shows experience with and knowledge of a wide range of walks (from easy to more difficult).
- Ensures the walking route is safe and predictable.
- Is enthusiastic.
- Has a warm approach and is welcoming.
- Has knowledge of basic first aid procedures.
- Is familiar with the routes and alternatives.
- Keeps knowledge current by attending meetings and education or update sessions.
- Informs the coordinator (if available) of any changes, hazards, or problems that occur during the walk.
- SMILES!

**How Much Walking is Enough?**

Although this varies somewhat by age and fitness level, walking at a brisk pace, every day, but preferably at least three times per week, for at least 30 minutes (30 to 60 minutes is best), is the widely accepted guideline. While most group walks last for one hour, doing several short bouts of exercise (i.e. 10-minute sessions) is also widely accepted for achieving health benefits and may be more practical for certain populations. A simple way to work out how briskly one should walk is to aim to walk “fast without overexertion”.

## SECTION A: INTRODUCTION

Anyone should be able to hold a conversation while walking – this is the ‘talk test’.

### What Stops People from Walking?

It is important to realize that there is not a ‘one size fits all’ method for motivating walkers. Some are motivated by the benefits of walking, some by the health hazards of a sedentary lifestyle, and still others by walking for fun or companionship. As noted in the introduction, the list of reasons to walk is endless and as varied as the individuals who walk.

Walking with others as part of a group is often very motivating as it gives people an opportunity to socialize and having people around who enjoy walking can inspire them and hold them accountable to their walking goals.

For those that express concerns about personal motivation to walk, the *Barriers to Being Active Quiz* (Section H) is a resource to help them identify the types of barriers that are undermining their ability to make regular physical activity an integral part of life. *Suggestions for Overcoming Physical Activity Barriers* (Section I) offers ways for them to deal with personal barriers.

### Why is Health Screening Important?

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more physically active is very safe for most people. Some people, however, should check with their doctor before they start becoming more physically active and include those:

- Who have been told that they have heart trouble;

- Who have any pains in their chest or on left side (neck, shoulder, or arm) when they are physically active;
- Who often feel faint or have dizzy spells;
- Who feel extremely out of breath after they have been physically active;
- Whose health care provider told them that they have uncontrolled high blood pressure;
- Whose health care provider told them that they have bone or joint problems like arthritis, that could get worse if they are physically active (though these conditions often get better with exercise);
- Who are over 50 years old and not used to a lot of physical activity; and
- Who have a health problem or a physical reason not mentioned here that might keep them from starting a walking program.

The *Health Screening Form* (Section F) contains these eight questions on a sheet which can be handed out to participants. It is for people between the ages of 15 and 69. If participants are over 69 years of age and are not used to being physically active, they should check with their doctor. If a woman is pregnant she is advised to consult with her doctor prior to starting a walking program. The questions are answered ‘yes’ or ‘no’. This form can be completed verbally (i.e. pencils/pens are not required to complete the form). The Health Screening Form will determine whether or not participants should check with their doctors before starting any physical activity, including walking.



## SECTION B: PLANNING THE WALK

### Set a Time

- Consider the time of year. Walks in the summer may need to be earlier or later in the day than in the winter in order to avoid the heat.
- Choose a time of the week and day that you can regularly commit to as a Walk Leader.
- Consider what time of the day most people would normally walk. Often people prefer to walk either at the beginning of the day, or at the end of the day in daylight hours. Those who are at home or retired are more flexible in the time of day to go for a walk than those who are working.
- Consider finishing the walk at a café and providing a social option for participants, or consider stopping at a café part way through the walk to give participants a chance to rest. Over time, once they've built up their fitness levels, the mid-walk stop could be moved to the end of the walk.

### Set a Place

- The walk needs to be comfortable. This means taking into account the walking path, its width, and whether it is an even surface, incorporates hills or obstacles, etc. Check with local sources for information about walking paths and routes.
- Consider whether or not the path can be used by people with disabilities. For example, are there sloping curbs when crossing a road?
- The start and finish points need to be accessible and convenient for people. For example, is there adequate parking and/or access to public transportation if required?
- It is ideal to choose a location that offers a

place nearby to meet before and after the walk so that the group can socialize after the walks. For example, a park, a coffee shop, the beach.

- Are there toilets, shade, water, and rest areas?
- Is the scenery on the walk interesting and varied?
- Note: not all the above-mentioned variables may be available for each walking route, however the most ideal route would take into consideration the aspects that have been outlined above.

### Set a Route

- Use prepared walking routes and maps if they are available.
- Each walking route should be easy to follow by people who are unfamiliar with them. Difficult routes with a lot of obstacles may become frustrating and discourage individuals from participating.
- Walks should be about one hour in length, and no less than 30 minutes in total.

### Make the Walks Appealing

- Identify rest stops and alternate shorter routes for those who are less fit, especially when they are beginning walkers.
- Look for interesting physical environments. Consider contrast in scenery, such as open spaces, waterfront, historical homes, etc.
- Keep hills to the middle of the walk when people have warmed up and before they get too tired.
- Stop along the way to admire the scenery.
- Talk to participants to find out if they have any suggestions for places to walk.

**SECTION B: PLANNING THE WALK****Walking Distance Table**

**NOTE:** *This information should be used only as a guide, and may vary amongst individuals of different ages, abilities, and fitness levels.*

WALKING SPEED (kilometres per hour)	TIME		
	10 min.	20 min.	30 min.
SLOW	0.6 km	1.2 km	1.8 km
MEDIUM	0.9 km	1.8 km	2.7 km
FAST	1.1 km	2.2 km	3.3 km

**Watch Out For**

- Inaccessible locations - This can be a problem for individuals who do not have their own transportation, and if locations are not serviced by public transportation. However, you can encourage car-pooling so that everyone can access the location.
- Poor surface conditions - Uneven surfaces, icy walkways, and snow-covered routes can cause falls. Be aware of any surface changes.
- Busy roads - Avoid major roads and heavy traffic if possible. Aim for quieter streets and locations. If unavoidable, ensure that a safe place is identified if needing to cross a busy road.
- Unsafe surroundings - Avoid walking through areas which people may find worrisome, such as dark, narrow alleys.
- Level of difficulty - Remember the main focus of a walking group is to encourage people to get out and be active. If there are too many steep inclines, this may tire and frustrate people who are not fit, and discourage them from returning.

**What to Wear**

- Clothing that is light, comfortable and non-restrictive.
- Light layers so that they can be removed if necessary and tied to the waist or shoulders.
- Light breathable fabrics in the summer or for indoor walking, warm layers in the winter, and waterproof gear in the rain.
- Socks that fit correctly so they don't bunch up and lead to blisters and socks that allow for air circulation such as wool or those in wicking fabrics such as CoolMax, Dri-Fit, etc. Wicking fabrics are the key to preventing blisters.
- A hat and sunscreen for warm weather, toques and gloves for cold weather.
- Small backpack to carry water, hat, personal ID, etc.

**Walking Footwear**

It is important to invest in a good pair of walking shoes. Look for the following in walking shoes:

- Shoes with a tough outer layer of rubber and a soft mid-sole that runs the full length of the sole.
- Shoes that: fit snugly on the feet; have a well cushioned heel; have good arch support; have adequate toe room; have flexible slip-resistant soles.

## SECTION C: BEFORE THE WALK!

*Before you begin a walk, complete this Walk Leader Six Point Check*

### Check 1 - Health Screening Form

- Ask new participants to complete the screening form and to see their doctor before participating if there are health concerns identified through screening.

### Check 2 - Level of Activity

- Ask new participants about their current level of physical activity and inform participants of the type of walk for that day, whether it is easy, moderate, or difficult.

### Check 3 - Walking Handbook and Other Information

- Let new participants know about the Walking Handbook and other resources (e.g. Barriers to Physical Activity, Suggestions for Overcoming Barriers, etc.) and have copies available.

### Check 4 - Walk Route

- Walk the route yourself before taking the group. Look for toilets, water, points of interest. Obtain route maps if they are available.

### Check 5 - Attendance List and Emergency Contact Information (optional)

- Record names and numbers attending (see Section G). Record emergency contact details for new members.

### Check 6 - Clothing and Safety

- Remind walkers about correct clothing and footwear, and to lock vehicles and take care of valuables.

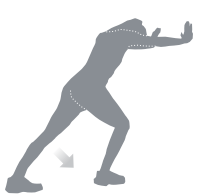


As well as completing the checklist, it is a good idea to do the following BEFORE the walk starts:

- Arrive in plenty of time to welcome early arrivals.
- Introduce yourself - give your name and greet all walkers at the meeting point.
- Welcome new participants and introduce them to other walkers.
- Inform people what to expect. Inform the group of the length of the walk and alternative routes if available.
- Don't cancel - if you can't be there arrange for a substitute. Make sure the substitute is familiar with the Walk Leader roles and responsibilities.

## SECTION D: GETTING THE BODY READY – WARM UP!

It's easy. Before doing the following stretches, warm up the muscle groups by simply moving the muscle groups around, such as walking at a slower than normal pace for five to 10 minutes. Warmed muscles are much more easily stretched than cold muscles and the muscle that is used is more pliable and has more ability to be stretched. Hold each stretch with easy tension, on both sides, for a count of 20, no bouncing.



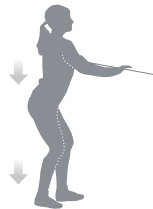
### Standing Gastrocnemius Stretch

Stand in a walking position with one leg stretched straight behind you and the other leg bent in front of you. Using a wall or chair for support, lean forwards and down until you feel the stretch in the upper part of your back calf. Make sure that both feet are pointing straight ahead and that your heels stay on the floor the whole time.



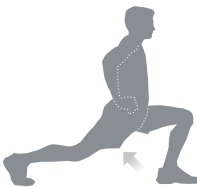
### Standing Hamstring Stretch

Place one heel on a low step or bench and, keeping your knee and back straight, bend your upper body forward from your hips. You should feel the stretch behind your knee.



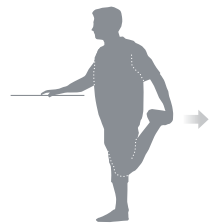
### Standing Achilles Tendon Stretch

Standing with one leg slightly behind the other, push your heels down while bending your knees.



### Hip Flexor Stretch

Stand in a stride standing position. Put both hands on your front knee while keeping the back knee straight. Push your pelvis forward keeping your back straight. The stretch should be felt in front of the hip and slightly down the front of the thigh.



### Standing Quadriceps Stretch

Hold onto something for support with one hand and grab your ankle with the other hand. Pull your ankle towards your bottom, then try to straighten your knee while resisting with your hand and allowing no movement. Then pull your ankle toward your bottom again.

Credit: Your Guide to Walking for Transport, Health and Recreation.  
Retrieved from: [www.heartfoundation.com.au](http://www.heartfoundation.com.au)



## SECTION E: ON THE WALK!

- Warm up! – start the walk at a slower pace for the first 5-10 minutes.
- Stretch.
- Pace the walk at a speed for the whole group.
- Remind people of the rest areas.
- Position yourself amongst the group to observe those who may have problems. Don't march off too far ahead of your group.
- Be friendly and approachable and chat along the way.
- Encourage people to go at their own walking speed and/or distance.
- Remind people that they should be breathing a little faster than normal but still be able to carry on a conversation.
- Observe for signs of distress and inform walkers to stop immediately if they experience:
  - Sickness or dizziness
  - Excessive sweating
  - Excessive fatigue
  - Unsteadiness
  - Chest pain, discomfort or chest heaviness or tightness
  - Muscle strain or cramp
  - Significant breathlessness
- Above all, don't forget to enjoy yourself!

**Highlight to new walkers the importance of the following:**

- Encourage them to walk within their own capabilities at a comfortable pace. Remember, it's not a competition!
- Remind them to drink plenty of water before, during and after walking, especially in the summer.
- Encourage them to have fun, meet other people and invite them to stay after the walk to socialize (e.g. go to a café for water, juice or coffee).



### Correct Walk Posture and Action

#### Head

The head should be centred, in line with the spine and held in a neutral position (ears directly over the shoulders). The chin should be parallel with the floor. Eyes should be looking forward (2 to 3 metres).

#### Shoulders

The shoulders need to be down and back and not rounded. Walk with chin up and shoulders held down and back, rather than rounded and forward. Think tall.

#### Chest

The chest should be lifted and expanded.

## SECTION E: ON THE WALK!

### Arm Action

The arm swing should be natural and comfortable. It is important that the arm swing should not cross the center of the body.

### Leg Action

The length of each stride should be comfortable and efficient. Stride length will vary amongst individuals and will depend on leg length and hamstring tightness.

### Foot placement

Walk with the toes pointed forward. Walk so that the heel of the foot touches the ground first, then roll weight forward to the ball of the foot.



### Cool Down

After the more intensive portion of each walk you should include a cool down session, which will take about 5-10 minutes. A cool down should include slower paced walking and gentle stretching of the main muscle groups used during the walk.

Note: the same stretches done during the warm up can be done for the cool down.

### Why Cool Down?

- To help reduce muscle stiffness and soreness by removing waste products from the muscles (lactic acid).
- To return the body temperature to normal level.
- To prevent pooling of blood in lower limbs which can cause dizziness and fainting.
- To stretch the main muscle groups used during the walk.

### At the End of the Walk

- The walk needs a definite ending. (Meet at a designated end location.)
- Check that all walkers have returned.
- Check that all walkers feel well.
- Thank people for attending, encourage them to come back and bring a friend.
- Invite everyone to stay and have a drink of water, juice or coffee.
- Mention the date and time of the next walk.
- Allow time for questions and an informal chat.

### Socialize

- Allow time for socializing after each walk to make people feel welcome and want to come back.
- Enjoy a drink and a talk with other walkers.

**SECTION E: ON THE WALK!**

**Health and Safety**

- Be sure that new members complete the Health Screening Form.
- Lead the group in the warm up stretches and cool down, explaining why these are important.
- Explain the importance of comfortable footwear, clothing and sun protection.
- Drink water – encourage walkers to drink plenty of water before, during and after the walk.
- Avoid walking during the hottest part of the day.



**Signs that someone has become dehydrated:**

- Fatigue.
- Severe thirst.
- Nausea.
- Headache.
- Confusion.
- Light-headedness.

**What to do if someone becomes dehydrated:**

- Get the participant to stop immediately.
- Drink more fluids – cool water is best.
- Take the participant somewhere she/he can cool down and recuperate.

If the condition does not improve quickly, seek medical help immediately. Have the person lie down and have him/her loosen and remove excess clothing. Cool by fanning.

**If an accident occurs:**

- Know the locations of pay phones or carry a cell phone to call an ambulance.
- It is recommended that the Walk Leader attend first aid training.
- If medical assistance is not required, encourage the person to relax and recover in a safe place.
- If medical assistance is required, do not attempt to move the person. Keep him/her safe and warm. Ensure someone stays with the injured person and call for medical assistance.

*HAVE A SAFE AND ENJOYABLE WALK!*

*Credit and Acknowledgement – Many sections of this resource have been adapted from:*  
Department of Sport and Recreation, Western Australia, Walk Friendly – Walk Leader Training Manual. (2005) [www.dsr.wa.gov.au](http://www.dsr.wa.gov.au)

## SECTION F: HEALTH SCREENING FORM

If you are planning on becoming much more physically active than you are now, start by answering the eight questions in the box below. If you are between the ages of 15 and 69, this Screening Form will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor. If you are pregnant, you are advised to consult with your doctor before exercising.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: *answer either YES or NO.*

### Is it OK for Me to Walk?

YES	NO	
		Has your doctor ever told you that you have heart trouble?
		When you are physically active, do you have any pains in your chest or on your left side (neck, shoulder, or arm)?
		Do you often feel faint or have dizzy spells?
		Do you feel extremely out of breath after you have been physically active?
		Has your health care provider told you that you have uncontrolled high blood pressure?
		Has your health care provider told you that you have bone or joint problems like arthritis, that could get worse if you are physically active (though these conditions often get better with exercise)?
		Are you over 50 years old and not used to a lot of physical activity?
		Do you have a health problem or a physical reason not mentioned here that might keep you from starting a walking program?

If you answered “Yes” to any of these questions, please check with your doctor before starting a walking program.

If you answered “No” to all of these questions, it is safe to assume that you can participate in a walking or exercise program. However, if you are unsure, you should consult with your doctor.

# SECTION G: ATTENDANCE SHEET

Walk Leader

Community

Participant Names	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec

Comments



**SECTION H: BARRIERS TO BEING ACTIVE QUIZ<sup>4</sup>**

## What keeps you from being more active?

**Directions:**

Listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. Please read each statement and indicate how likely you are to say each of the following statements:

How likely are you to say?	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely
1. My day is so busy I just don't think I can make the time to include physical activity in my regular schedule.	3	2	1	0
2. None of my family members or friends like to do anything active, so I don't have a chance to exercise.	3	2	1	0
3. I'm just too tired after work to get any exercise.	3	2	1	0
4. I've been thinking about getting more exercise, but I just can't seem to get started.	3	2	1	0
5. I'm getting older so exercise can be risky.	3	2	1	0
6. I don't get enough exercise because I have never learned the skills for any sport.	3	2	1	0
7. I don't have access to jogging trails, swimming pools, bike paths, etc.	3	2	1	0
8. Physical activity takes too much time away from other commitments – like time, work, family, etc.	3	2	1	0
9. I'm embarrassed about how I look when I exercise with others.	3	2	1	0
10. I don't get enough sleep as it is. I just couldn't get up early or stay up late to get some exercise.	3	2	1	0
11. It's easier for me to find excuses not to exercise than go out to do something.	3	2	1	0
12. I know of too many people who have hurt themselves by overdoing it with exercise.	3	2	1	0
13. I really can't see learning a new sport at my age.	3	2	1	0
14. It's just too expensive. You have to take a class or join a club or buy the right equipment.	3	2	1	0

<sup>4</sup> Centre for Disease Control and Prevention (CDC): *Physical Activity for Everyone – Making Physical Activity Part of Your Life – Overcoming Barriers to Physical Activity*. Retrieved from: <http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm>

**SECTION H: BARRIERS TO BEING ACTIVE QUIZ***continued from previous page*

How likely are you to say?	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely
15. My free times during the day are too short to include exercise.	3	2	1	0
16. My usual social activities with friends do not include physical activity.	3	2	1	0
17. I'm too tired during the week and I need the weekend to catch up on my rest.	3	2	1	0
18. I want to get more exercise, but I just can't seem to make myself stick to anything.	3	2	1	0
20. I'm not good enough at any physical activity to make it fun.	3	2	1	0
21. If we had exercise facilities and showers at work, then I would be more likely to exercise.	3	2	1	0

## Scoring and Interpretation

**Follow these instructions to score yourself:**

- Enter the circled numbers in the spaces provided, putting together the number for statement 1 on line 1, statement 2 on line 2, and so on.
- Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

(1) \_\_\_\_ +(8) \_\_\_\_ +(15) \_\_\_\_ = \_\_\_\_ (Lack of time)

(5) \_\_\_\_ +(12) \_\_\_\_ +(19) \_\_\_\_ = \_\_\_\_ (Fear of injury)

(2) \_\_\_\_ +(9) \_\_\_\_ +(16) \_\_\_\_ = \_\_\_\_ (Social influence)

(6) \_\_\_\_ +(13) \_\_\_\_ +(20) \_\_\_\_ = \_\_\_\_ (Lack of skill)

(3) \_\_\_\_ +(10) \_\_\_\_ +(17) \_\_\_\_ = \_\_\_\_ (Lack of energy)

(7) \_\_\_\_ +(14) \_\_\_\_ +(21) \_\_\_\_ = \_\_\_\_ (Lack of resources)

(4) \_\_\_\_ +(11) \_\_\_\_ +(18) \_\_\_\_ = \_\_\_\_ (Lack of willpower)

**NOTE:***Please see Section I, on next page, for suggestions on overcoming physical activity barriers.*

## SECTION I: OVERCOMING PHYSICAL ACTIVITY BARRIERS

### Suggestions for Overcoming Physical Activity Barriers

<p><b>Lack of time</b></p>	<ul style="list-style-type: none"> <li>■ Identify available time slots. Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity.</li> <li>■ Add physical activity to your daily routine. For example, walk or ride your bike to work or shopping, organize school activities around physical activity, walk the dog, exercise while you watch TV, park farther away from your destination, etc.</li> <li>■ Make time for physical activity. For example, walk, jog, or swim during your lunch hour, or take fitness breaks instead of coffee breaks.</li> <li>■ Select activities requiring minimal time, such as walking, jogging, or stairclimbing.</li> </ul>
<p><b>Social influence</b></p>	<ul style="list-style-type: none"> <li>■ Explain your interest in physical activity to friends and family. Ask them to support your efforts.</li> <li>■ Invite friends and family members to exercise with you. Plan social activities involving exercise.</li> <li>■ Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.</li> </ul>
<p><b>Lack of energy</b></p>	<ul style="list-style-type: none"> <li>■ Schedule physical activity for times in the day or week when you feel energetic.</li> <li>■ Convince yourself that if you give it a chance, physical activity will increase your energy level; then, try it.</li> </ul>
<p><b>Lack of motivation</b></p>	<ul style="list-style-type: none"> <li>■ Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar.</li> <li>■ Invite a friend to exercise with you on a regular basis and write it on both your calendars.</li> <li>■ Join an exercise group or class.</li> </ul>
<p><b>Fear of injury</b></p>	<ul style="list-style-type: none"> <li>■ Learn how to warm up and cool down to prevent injury.</li> <li>■ Learn how to exercise appropriately considering your age, fitness level, skill level, and health status.</li> <li>■ Choose activities involving minimum risk.</li> </ul>
<p><b>Lack of skill</b></p>	<ul style="list-style-type: none"> <li>■ Select activities requiring no new skills, such as walking, climbing stairs, or jogging.</li> <li>■ Exercise with friends who are at the same skill level as you are.</li> <li>■ Find a friend who is willing to teach you some new skills.</li> <li>■ Take a class to develop new skills.</li> </ul>
<p><b>Lack of resources</b></p>	<ul style="list-style-type: none"> <li>■ Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or calisthenics.</li> <li>■ Identify inexpensive, convenient resources available in your community (community education programs, park and recreation programs, worksite programs, etc.).</li> </ul>

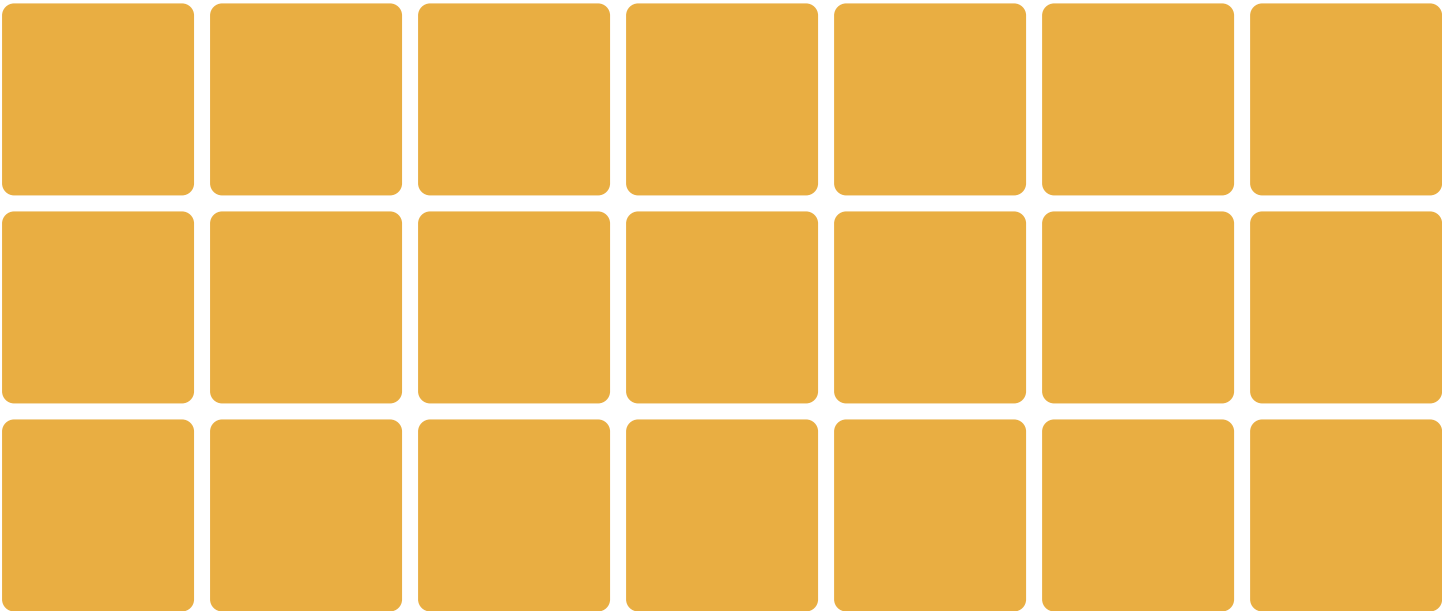
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**SECTION I: OVERCOMING PHYSICAL ACTIVITY BARRIERS**

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<p><b>Weather conditions</b></p>	<ul style="list-style-type: none"> <li>■ Develop a set of regular activities that are always available regardless of weather (indoor cycling, aerobic dance, indoor swimming, calisthenics, stair climbing, rope skipping, mall walking, dancing, gymnasium games, etc.)</li> <li>■ Look on outdoor activities that depend on weather conditions (cross-country skiing, outdoor swimming, outdoor tennis, etc.) as “bonuses”-extra activities possible when weather and circumstances permit.</li> </ul>
<p><b>Travel</b></p>	<ul style="list-style-type: none"> <li>■ Put a jump rope in your suitcase and jump rope.</li> <li>■ Walk the halls and climb the stairs in hotels.</li> <li>■ Stay in places with swimming pools or exercise facilities.</li> <li>■ Join the YMCA or YWCA (ask about reciprocal membership agreement).</li> <li>■ Visit the local shopping mall and walk for half an hour or more.</li> <li>■ Bring a small tape recorder and your favourite aerobic exercise tape.</li> </ul>
<p><b>Family obligations</b></p>	<ul style="list-style-type: none"> <li>■ Trade babysitting time with a friend, neighbour, or family member who also has small children.</li> <li>■ Exercise with the kids-go for a walk together, play tag or other running games, get an aerobic dance or exercise tape for kids (there are several on the market) and exercise together. You can spend time together and still get your exercise.</li> <li>■ Hire a babysitter and look at the cost as a worthwhile investment in your physical and mental health.</li> <li>■ Jump rope, do calisthenics, ride a stationary bicycle, or use other home gymnasium equipment while the kids are busy playing or sleeping.</li> <li>■ Try to exercise when the kids are not around (e.g., during school hours or their nap time).</li> <li>■ Encourage exercise facilities to provide child care services.</li> </ul>
<p><b>Retirement years</b></p>	<ul style="list-style-type: none"> <li>■ Look upon your retirement as an opportunity to become more active instead of less. Spend more time gardening, walking the dog, and playing with your grandchildren. Children with short legs and grandparents with slower gaits are often great walking partners.</li> <li>■ Learn a new skill you've always been interested in, such as ballroom dancing, square dancing, or swimming.</li> <li>■ Now that you have the time, make regular physical activity a part of every day. Go for a walk every morning or every evening before dinner. Treat yourself to an exercycle and ride every day while reading a favourite book or magazine.</li> </ul>

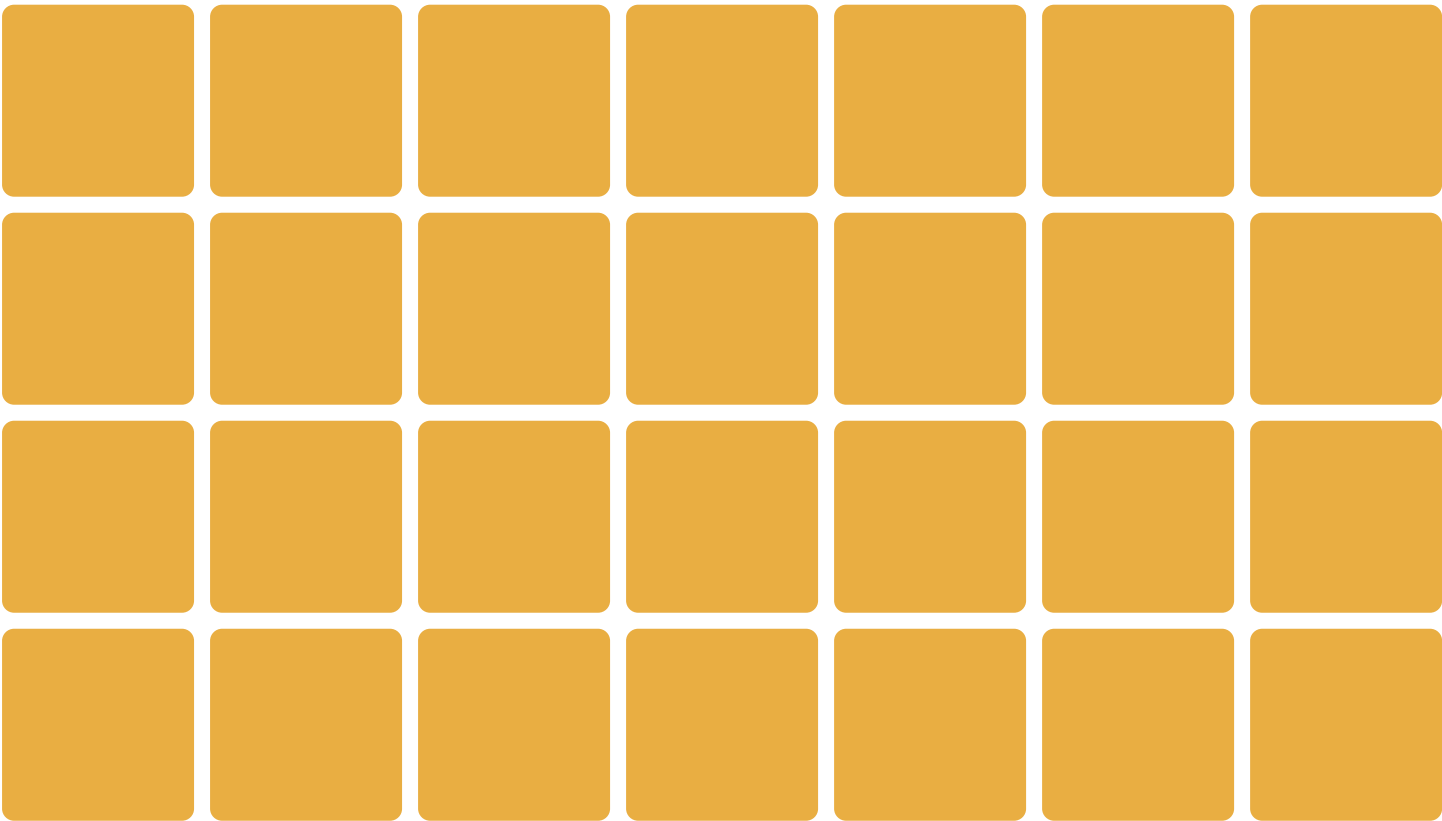
Source: Centre for Disease Control and Prevention (CDC): *Physical Activity for Everyone: Making Physical Activity Part of Your Life: Overcoming Barriers to Physical Activity*. Retrieved from: <http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm>



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