

Barriers to success in exercise

You're Too Busy at Work

Being too busy is hard to hurdle without proper planning. The solution is to reimagine what each day's workout might look like. When an hour at the gym is positively out of the question (perhaps that's true every day), you might still find that a 20-minute brisk walk as you leave work or a half-hour fitness class on your lunch break is surprisingly doable.

Physical activity can always be done in short bouts.

You're Too Busy With Family Responsibilities

When family takes priority, your best bet might be to weave exercise into everyday parenting duties or weekend family time (e.g., bike riding, walking in your neighborhood or playing in the park). If you prefer to go solo, size up your schedule for potential openings—early mornings are usually a good choice, before other errands and duties take over the day.

You're Not Going Out in That Heat (Rain, Cold, etc.)

You can't control the weather, but you can keep an eye on the forecast and plan accordingly. Staying on track might mean a change in exercise environment, such as working out in an air-conditioned gym or your living room; creative rescheduling, such as an early-morning hike to beat the heat; or a shopping trip for better performance gear so you can walk in the rain.

You're Too Shy to Go to the Gym

Not all gyms are created equal. There are ones out there—sometimes it's a community center or small studio—that provide a less-intimidating vibe. Google what's in your area and ask like-minded friends or coworkers where they go. Then take a tour at a few prospective gyms, observing each facility's energy, style, staff and clientele.

If you still can't find a good fit, set up a home gym instead with a set of dumbbells and a subscription to a workout-streaming service or fitness app.

