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## Barriers to taking part in activity

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Plan ways to overcome the barriers that prevent staff from being physically active and hinder the growth of workplace physical activity programs.

### Common barriers to physical activity and growth of programs

Too little time

- tight deadlines and work demands
- inflexible shifts or work schedules
- short lunch breaks
- management's time pressures

Lack of interest and support

- low employee interest or motivation
- lack of required and trained staff or volunteers to manage the program
- lack of management support or interest
- lack of funds

Inadequate space and facilities

- not enough space
- lack of on-site amenities such as showers, lockers or bicycle racks
- no off-site facilities nearby

**Survey employees to discover the perceived barriers in your workplace.**

### How to overcome barriers

1. Help staff manage work demands and fit physical activity into their daily routine by:

- allowing flexible work hours, job sharing or working from home
- providing child care

2. Provide information and counseling to help staff:

- recognize benefits of physical activity
- set personal goals for physical activity
- identify opportunities for physical activity in the community
- develop confidence and skills for various types of activities

3. Invite local experts (doctors, public health nurses and recreation leaders) to talk about physical activity and encourage staff to become more active.

4. Involve staff in planning activity programs to make sure their needs are met and lessen time issues for management.

5. Go online for tools, guides and practical ideas to help promote physical activity at work. Visit the Alberta Centre for Active Living website:

[www.centre4activeliving.ca/category.cgi?c=2;s=10](http://www.centre4activeliving.ca/category.cgi?c=2;s=10)

6. Consider alternatives when lacking space:

- negotiate a group discount for staff with a local fitness facility, health club, pool or golf course
- rent or share facilities at a community centre, school or church hall

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### Working to become active:

#### Increasing physical activity in the Canadian Workplace

Action steps from Bulletin 5 - April 2008

Available at [www.cflri.ca/eng/statistics/index.php](http://www.cflri.ca/eng/statistics/index.php)