

## Overcoming factors that discourage physical activity

There are several factors that discourage people from developing and maintaining a regular physical activity routine. Common ones are:

- **Body aches:** These can be overcome through the following ways:
  - Discuss with a doctor before you commence physical activity
  - Buy the appropriate shoes and clothes. For instance, if you intend to do high intensity exercises, it is important to use proper running shoes instead of walking shoes.
  - Wear comfortable shoes and clothes most of the day. Wear shoes that are well padded, roomy and comfortable most of the day. Avoid high heels and shoes that are painful. Wear clothes that are not too tight and uncomfortable.
  - Always warm up and warm down to prepare the muscles, joints and ligaments. This is achieved by conducting a low intensity form of the intended physical activity. For instance, if you intend to run, start with a slow walk, pace up to a brisk walk and then a jog before starting to run. End by going high to low. Always stretch at the end of a physical activity.
  - Rest the muscles involved in that physical activity. For example, alternate between upper body strength training and lower body strength training
  - Drink enough water
  - If pain persists after a few days, check with the doctor
- **Dizziness:** some people get light-headed and dizzy with physical activity. To overcome this:
  - Check in with a doctor
  - Review medications with the doctor
  - Stop the physical activity when you start experiencing dizziness or light headedness
- **Cost:** if you cannot afford a gym, choose activities that do not require spending money. Choose exercises that do not require equipment.
- **Time:** if you do not have time to exercise. Ensure to make physical activity part of your activities at home, at work and leisure time. Break the your target time for physical activity into small bits like 10 minutes in the morning, 10 minutes in the afternoon and 10 minutes in the evening. You can even break it down further to 5 minutes in the morning, 5 minutes at work before lunch, 5 minutes at work after lunch etc.