

# Exercise and Physical Activity – April 2019 Webinar Handout

## My Reasons to Exercise

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- \_\_\_\_\_
- \_\_\_\_\_

## What am I already doing?

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- \_\_\_\_\_
- \_\_\_\_\_

## What do I need to add?

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- \_\_\_\_\_
- \_\_\_\_\_

## Barriers to Exercise

My Barriers	Barrier Breakers