

*IT'S EASIER THAN YOU THINK*

You may feel physical activity is too difficult. Here are some possible barriers and ways to overcome them

## **NO TIME:**

- Make an [action plan](#)
  
- Give yourself cues to exercise
  - If you plan on playing basketball at the local recreation centre, leave your running shoes by the door the night before
  - Want to try some [home-based strengthening exercises](#) in the evening? Try placing elastic rubber bands and/or weights in a visible spot before you head out the door in the morning (e.g., in front of the television in the family room)
  
- Use physical activity to get from A to B
  - Wheel or cycle to the grocery store instead of driving
  - Wheel or cycle to work -- definitely a great way to begin the work day
  
- Be physically active with your family and friends -- swimming, playing catch or frisbee, going for a family cycle in the park. The possibilities are endless!

- Got down time? Make it physical activity time!
- Know that any amount is a good start, and progress from there

### **PHYSICAL BARRIERS:**

- Start with what you know and build your skills
- Remind yourself that being active is worth it because it provides some many [health benefits](#) such as reducing pain and helping you feel more energized!
- There's a way! Proper adaptation of equipment and activity can accommodate you.
  - For further information on equipment adaptations visit the [Canadian Paralympic Committee](#) and the [Ontario Wheelchair Sports Association](#).
  - For further information on activity adaptations check out SCI Action Canada's [Get In Motion](#) service and [Active Homes](#) manuals
- Try different [activities](#), find what works for you

### **LACK OF SUPPORT:**

- Get an exercise buddy
- Join a team and/or club
- Connect with others on [Facebook](#) and [Twitter](#) to discuss physical activity
- Use resources such as SCI Action Canada's [Get In Motion Service](#), the Ontario Wheelchair Sports Association's [Bridging the Gap Program](#), [Active Living Alliance](#), [Canadian](#)

[Paraplegic Association](#), the Canadian Paralympic Committee's [Get Involved Portal](#)

### **LACK OF ACCESS:**

- Find out about your local independent living centre and the programs they offer to its members
- Connect with your community recreation centre or municipal recreation department
- Try an exercise video. Here are a [few videos](#) to get you started!
- Search for paved tracks, trails, and malls in your neighbourhood where you could go for a leisure wheel and/or cycle
- Inquire about admission fee policies/waivers for attendants at recreational facilities and/or fitness centres

### **“I CAN’T”:**

- Start with what you know
- Try different [activities](#)
- Talk to someone who is already active such as a [Peer Support](#) volunteer from the Canadian Paraplegic Association
- Talk to a health care provider
- Take a tour of a facility that offers an activity that interests you

- Watch and then try an activity!
- Too expensive? The cost of equipment might not be as high as you think. You may be able to buy equipment inexpensively through sites that sell second-hand items, or acquire donated equipment through [www.fortheneedy-notthegreedy.com](http://www.fortheneedy-notthegreedy.com). There are also a number of community-based programs that have adapted equipment available for you to use in their activities.
- Challenge yourself to do something new or put a little more effort into your activity

#### **LACK OF KNOWLEDGE:**

- Get to know the [Physical Activity Guidelines](#) for adults with SCI
- Visit the Canadian Paralympic Committee's [Get Involved Portal](#) to find out local activity opportunities
- Ask your health care provider for more information on physical activity
- Download the [SCI Get Fit Toolkit](#)
- Visit the [Knowledge Mobilization Training Series](#) on SCI Action Canada's website
- Speak with an exercise counselor from SCI Action Canada's [Get in Motion service](#)
- Discuss your activity interests with your personal social network

## **STEREOTYPES/STIGMA FROM OTHERS:**

- Make a personal commitment to be an advocate for change!
- Share your expertise and/or personal physical activity story with others
- Be the educator! Inform your health care provider and/or personal social network of volunteer opportunities or programs