

Common barriers to physical activity as reported by Nova Scotians

Percentage of Nova Scotians who strongly agree that physical activity helps to:

- 66% prevent heart disease
- 63% reduce stress
- 68% maintain daily functioning
- 23% prevent cancer

Canadian Fitness and Lifestyle Research Institute, 2002

Reported barriers to physical activity by adults:

- 76% lack of time
- 68% lack of energy
- 57% lack of interest/motivation
- 53% illness and disability
- 41% feeling ill at ease/uncomfortable
- 40% cost
- 34% lack of skill
- 30% fear of injury

Canadian Fitness and Lifestyle Research Institute, 2002

Reported barriers to physical activity by children and youth

BARRIERS	GRADE 3 %		GRADE 7 %		GRADE 11 %	
	Boys	Girls	Boys	Girls	Boys	Girls
too expensive	22	27	18	18	18	20
too far away	14	12	15	17	17	14
no equipment	11	11	14	13	14	21
no time	9	12	22	31	33	55
no one to go with	10	10	15	26	18	27
no place	10	10	10	8	17	14
bad weather	-	-	18	15	15	20

sick/injured	-	-	19	14	15	17
job	-	-	-	-	19	23

Dalhousie University, 2001