

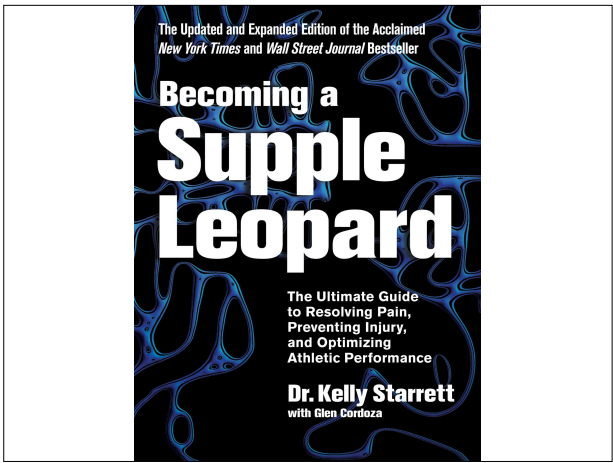
BARRIERS TO EXERCISE

- Think exercise has to be a long session
- Think exercise must involve lots of sweating
- Think they just haven't found THE exercise program that was meant for them
- Feel too embarrassed over their body to go to the gym
- Actual pain or injury

Cultivate a Movement Practice I Video Four

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BREAKING THROUGH EXERCISE BARRIERS

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WHAT COMES FIRST

- Intuitive eating, then exercise
- Maintain (if able) current movement practice
- Research: It's more difficult to cement a habit, if you are trying to modify too much at once

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**CULTIVATE A
MOVEMENT PRACTICE**

CULTIVATE A MOVEMENT PRACTICE

- Increase activity on a daily basis
- Find enjoyable activities
- Partner up?
- Start slowly
- Put it on the calendar

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