



## Problem Solving: Physical Activity

### Materials Needed

- Container or jar
- Copies of the "Problem Solving Cards"

**Presenter:** This program is focused on discussion, addressing issues related to physical activity. Print out the problems below, cut them out and place them in a jar. Have each member draw a problem out of the jar, one at a time, and read it aloud. As a group, discuss the problem and different tips or strategies you may use to solve it. Blank cards are available to fill in any additional problems you think need to be addressed.

### Problem Solving

#### Hand in Hand—Together We Can

**Problem:** It's 6:00 PM and I'm home from work. Honestly, I can't think of anything I'd like to do less than exercise! How can I boost my motivation to get active?

### Problem Solving

#### Hand in Hand—Together We Can

**Problem:** I used to be very active but, after kids and a demanding job, exercise seemed to fall way down on the priority ladder and I just don't have the time. How can I make exercise a priority again?

### Problem Solving

#### Hand in Hand—Together We Can

**Problem:** I'd like to get active again but I feel like it's too late. I used to jog but know it makes my knees ache. Plus, I feel like I just don't have enough energy to work out any more. Any suggestions?

### Problem Solving

#### Hand in Hand—Together We Can

**Problem:** I know exercise is important but I don't like gyms, I feel self-conscious in exercises classes, and I don't want to spend money on expensive equipment. What else is there?

### Problem Solving

#### Hand in Hand—Together We Can

**Problem:** I've been walking the exact same route every other day at the exact same time. This used to work well for me, but now I'm getting bored. I'm afraid the monotony of my routine will lead me to stop walking altogether. Help!

### Problem Solving

#### Hand in Hand—Together We Can

**Problem:** I've heard it many times and I know it's true—I should get up off the couch, turn off the television, and go exercise. But, my absolute favorite television show comes on at 7:00 PM and watching it makes me happy at the end of the day. Do I have to give up my favorite TV show in favor of exercise? Any advice?

**Problem Solving**

**Hand in Hand—Together We Can**

**Problem:** I'll level with you, I don't like to exercise! How can I make it more enjoyable?

**Problem Solving**

**Hand in Hand—Together We Can**

**Problem:** I do enjoy walking, but treadmills are boring to me and the weather isn't exactly "walker-friendly" this time of year. What should I do?

**Problem Solving**

**Hand in Hand—Together We Can**

**Problem:** I want to make exercise a priority but I also want to spend time with my family. I feel like my family might think I'm neglecting spending time with them if I take "me time" to exercise. Any thoughts?

**Problem Solving**

**Hand in Hand—Together We Can**

**Problem:** I exercise here and there, when I can fit it in, but I don't think it's doing anything for me. The scale hasn't budged and I'm thinking of giving up exercise all together. Any suggestions?

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