



SEPTEMBER // GET STARTED!

Barrier Buster

September is a busy time, and barriers to your physical activity are rampant. Obstacles like lack of time and common distractions (Netflix anyone?) can cause your exercise plans to fall by the wayside. Don't let physical activity fall to the bottom of your priority list. Make a plan to bust common September barriers, and overcome anything that threatens to stop you!

Barrier	Solution
What's stopping you?	How are you going to bust that barrier?
<i>Taking the kids to after-school activities is time-consuming.</i>	<i>Instead of sitting and watching my kids practice, I'll go for a walk.</i>