



BREAK YOUR BARRIERS TO EXERCISE!

with Berta Lippert

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It can be challenging to exercise despite knowing all of the health benefits. There are a number of reasons this occurs, and they're different for each person.

Use this worksheet to work through these challenges and remove the barriers that keep you from exercising.

Step 1: Watch my video "[How To Break Your Barriers To Exercise So You Can Be Healthy & Feel Amazing!](https://bertalippert.com)" on bertalippert.com, to identify your top barriers to exercise.

Step 2: Brainstorm possible strategies you can use to overcome the barriers identified in Step 1.

Step 3: Experiment with the strategies identified in Step 2 until you break through your barriers!

MY TOP BARRIERS TO EXERCISE ARE:

1.

2.

3.

SOLUTIONS FOR BARRIERS

Solutions To Barrier #1

Solutions To Barrier #2

Solutions To Barrier #3