

OVERCOMING COMMON BARRIERS TO WALKING

Sticking with a walking program is not easy with a new baby in the house. Many things can get in the way of walking. “Barriers” are things that keep us from doing an activity.⁵ For example, rain can be a barrier to walking outside. Women of an unhealthy weight have listed these as their barriers to walking below.^{1-4,8-10} Is there one you can relate to?

TIPS OF THE WEEK

- Overcome your barriers by setting small goals you can achieve.
- Practice the activities every day to help you overcome the barrier.
- Walk 35 minutes each day. That equals 3,500 steps each day!

I do not like being active.

Have you tried being active with the baby? You can dance to music while holding the baby. Try marching in place while burping the baby. Visit other lessons for more tips!

I am self-conscious in front of other people.

Pick a place you are comfortable in. If you do not like walking outside, then start at home or in your backyard. YouTube has a lot of free walking videos you can use!

I do not have “me” time anymore. I do not have time to walk.

Be active with the baby! Babies love the rocking motion of the stroller – it helps them fall asleep. Do you have a favorite TV show? Try marching during commercials.

I am too sleepy or tired to walk.

Everyone needs sleep! Many of us do not get enough sleep as it is. Sleep when you can. Walking also helps you feel energized. For a boost in energy, march around the house for 5 minutes.

It is impossible to walk because I have other kids.

Take the kids on a walk with you! Go to a park and while the kids play, you walk around the playground with the stroller.

Walking makes me sweat and it ruins my hair.

Sweating is your body’s way of cooling down. It is good to sweat. Sweating also opens up your pores, getting rid of dirt and oil. Ask your hairstylist and friends for hair care tips and low-maintenance hairdos.

I am worried about my health or getting hurt.

Walking is safe to do after vaginal delivery or C-section. Talk with your doctor if you have other health concerns.

I can’t stay motivated to be active.

Keep it interesting! Choose a different walking path this week, rent a workout DVD, or ask a friend to walk with you. Try walking with moms from church or your local recreation center.

I lost my pedometer or my pedometer does not work.

Download a phone app that tracks your steps. Just make sure to carry the phone with you in your pocket. Look the Resources section below for a list of apps.

FIT MORE STEPS INTO YOUR DAY!

Activity	Steps	Calories Burned*
30 minute walk	3,000 steps	150 cal
10 minute walk	1,000 steps	50 cal
Vacuuming	101 steps/min	5 cal/min
Buying the groceries	67 steps/min	3 cal/min
Cooking	61 steps/min	3 cal/min
Sweeping or mopping the floor	60 steps/min	3 cal/min
Making the bed	45 steps/min	3 cal/min

*Calories are approximations & are based on a 250 lb. person¹¹⁻¹⁴

RESOURCES:

9 WORKOUT TIPS FOR SUPER BUSY MOMS THAT ACTUALLY WORK

bonniedonahue.com/2013/07/9-workout-tips-for-super-busy-moms-that-actually-work.html

AROUND THE HOUSE WORKOUT

<http://www.fitforexpecting.com/2013/08/16/around-the-house-workout/>

MOM'S TOO TIRED TO EXERCISE

fitforexpecting.com/2014/01/02/moms-too-tired-to-exercise/

10 COMMON BARRIERS TO EXERCISE & HOW TO OVERCOME THEM

<http://www.healthxchange.com.sg/healthyliving/FitnessandExercise/Pages/10-Common-Barriers-to-Exercise-and-How-to-Overcome-Them.aspx>

BARRIERS TO FITNESS: OVERCOMING COMMON CHALLENGES

mayoclinic.org/healthy-living/fitness/in-depth/fitness/art-20045099

AFRICAN AMERICAN WOMEN – YOUR HAIR & EXERCISE

blackdoctor.org/2849/black-hair-and-exercise/2/

AFRICAN AMERICAN WOMEN – HAIRSTYLES THAT WON'T SWEAT OUT AT THE GYM

madamenoire.com/195249/dont-sweat-it-hairstyles-that-wont-sweat-out-at-the-gym/

THE BEST HAIRSTYLES FOR AFRICAN AMERICAN ATHLETES

stack.com/2013/01/12/african-american-athlete-hairstyles/

APPS:**GAIN FITNESS**

gainfitness.com

COACH.ME

<https://www.coach.me/>

BLOGS:**WHEN DO WORKING MOMS EXERCISE?**

blogs.brighthorizons.com/familyroom/when-do-working-moms-exercise/

TOO TIRED TO EXERCISE

community.babycenter.com/post/a29569133/too_tired_to_exercise_need_motivation

FIT4MOM BLOG

fit4mom.com/latest/blog

IF I CAN DO A 5K, SO CAN YOU

sparkpeople.com/blog/blog.asp?post=if_i_can_do_a_5k_so_can_you

WHAT DO YOU DO WITH YOUR HAIR?

blackgirlsguidetoweightloss.com/black-hair/open-thread-what-do-you-do-with-your-hair/

VIDEO**HOW CAN I MAKE WALKING PART OF MY DAILY ROUTINE?**

youtube.com/watch?v=RpfHg6Que7E

FUN & SNEAKY TRICK TO MAKE EXERCISE A HABIT

youtube.com/watch?v=AYli7NhptYs

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