

# PPGH's Health Promotion Program - Week 2

## Metabolic Syndrome



### Palo Pinto General Hospital

Many people have difficulty with beginning physical activity and then continuing with it. We know physical activity is so important for many reasons but did you know that 2 out of 3 Americans still do not get the recommended amount of exercise? Let's look at some of the reasons that this is an issue for so many of us:

Technology has made life more convenient (in some cases) leading us to be less active

Personal barriers-psychological, physiological, behavioral

Not enough time

Inconvenient

Lack of self-motivation

Exercise is not enjoyable/is boring

Lack confidence in your ability

Fear of injury

Lack self-management skills such as:  
inability to set personal goals,  
monitor progress, or reward  
progress

Lack support or encouragement

Do not have a safe place to exercise

With these difficulties also come some solutions. If you find yourself looking at these reasons and agreeing that these are some things that might be holding you back, please click on the below link for some suggestions to overcome these barriers and get on the right track.



PPGH's Walking Track is well lit and a great place to start an exercise program.

<http://www.cdc.gov/physicalactivity/basics/adding-pa/barriers.html>

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