

#GetHullActive

Barriers to being active

What are the things that get in the way of you being active?

Time

I don't like
coaches

I don't
enjoy it

Cost

Confidence

Work
Commitments

No one to
go with

Judgemental
people

Family
Commitments

Parents/ carers
don't want me
to

School/
college work

Can't get
there (travel)

Rather do
something else

Rather be with
my friends

Don't feel
safe

Too anxious

Add them in order to this diamond...put the biggest barrier at the top.

A diagram consisting of ten empty rectangular boxes arranged in a diamond shape. The top row has one box. The second row has two boxes. The third row has three boxes. The fourth row has two boxes. The bottom row has one box.

Discuss with friends, family , teachers, youth workers, what could you do to overcome these barriers?

For Staff.
please take a picture and share
with StreetGames:
Kate.Roberts@StreetGames.org

Scan here to complete a quick
online survey.

