

#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)

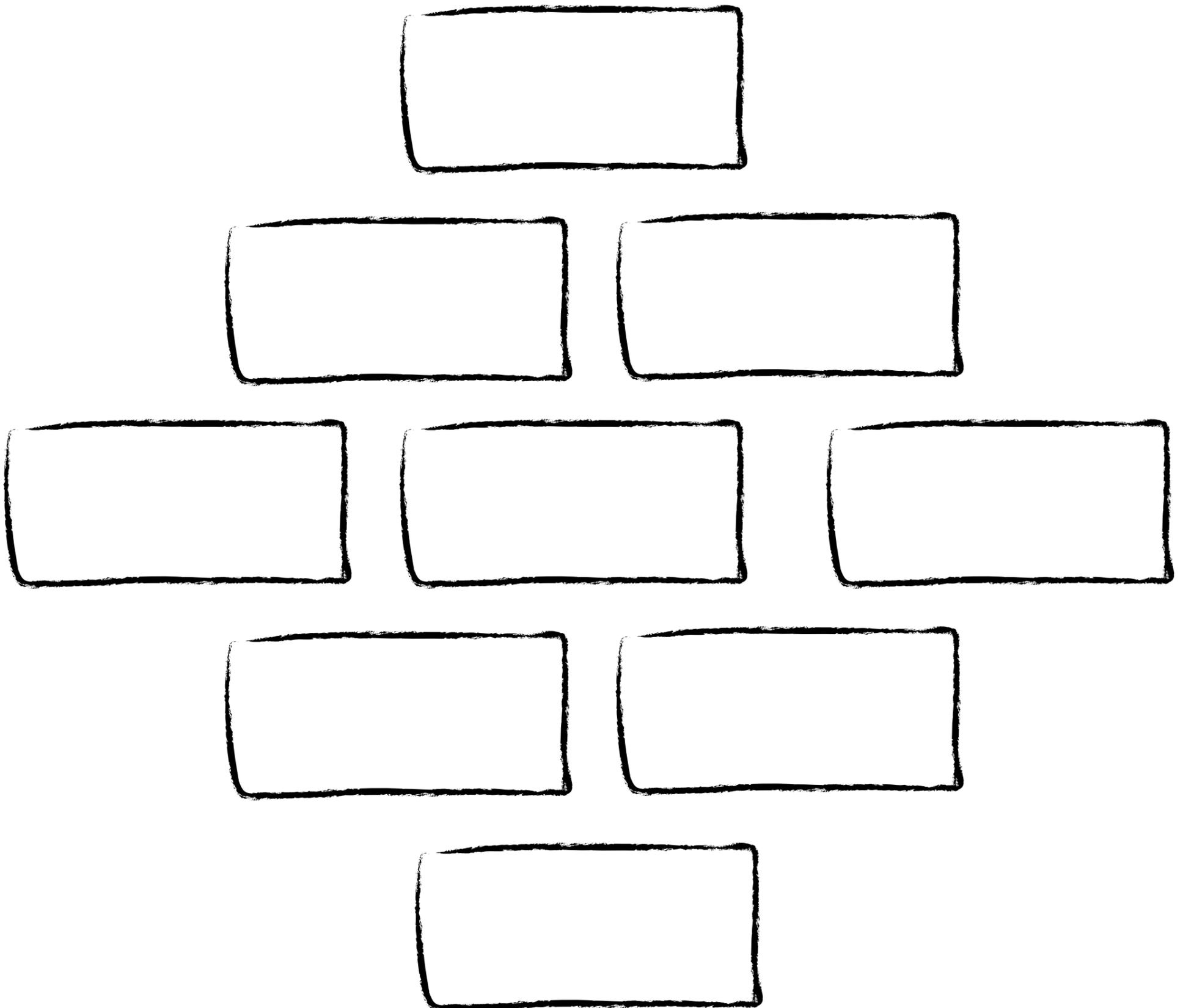
Rather do something else

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.



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.

