

# Physical activity at work study places -- barriers

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## **Physical Activity at work/study places -- Barriers**

Physical activity at the work place is increasingly becoming rare because of the adoption of an inactive life at the offices. This is as a result of the built-in environment whereby people live a sedentary life in buildings and closed spaces such as offices, classes for students or homes. Such people engage in sedentary activities that result in fewer exercises. The adoption of a sedentary lifestyle may lead to cardiovascular diseases and obesity.

Furthermore, societal changes have contributed to less physical activities.

Proper and available transport systems make people walk less.

Computerizations and mechanization have further decreased physical activities, so does labor saving devices meant to reduce household chores.

Built in environments have significantly contributed to the rise in obesity among the working class population. People who work in offices use computers and labor saving devices that reduce their levels of physical activity. Active transportation has reduced since a built-in environment is always closer to people's places of work. Therefore, there is no need to walk or cycle to get to work. Most people live near their offices or take a bus and never have to walk. Built in environments can however promote active recreation by use of parks that have tracks and other facilities that promote active physical activity.

There are various reasons as to why people don't exercise. These barriers include lack of time, as people are busy at their offices that they never get free time or are too tired to exercise. Lack of skills and fear of injury are other reasons for failure to exercise. Furthermore, lack of motivation, family obligations and social influence could also inhibit an active physical life

(Hassmén, 2000). Giving excuses is a major reason why people fail to exercise. Excuses such as lack of time and skills are at times baseless. Some genuine excuses such as physical exhaustion after work may be overcome by people setting specific times to exercise. For example, in the morning and taking it as seriously as one would take a doctor's appointment. Scheduling work to allow for some time and just exercising at home with the available resources are some of the other ways of overcoming excuses. According to martial arts professionals, physical exercises have many benefits including facing one's fears, activating the mind and being the best work out there is. It makes a person stronger, empowered, and gives an opportunity for one to learn about them. Exercises are also a good way to socialize and feel happier.

#### Work Cited

Hassmén, Peter, Nathalie Koivula, and Antti Uutela. " Physical exercise and psychological well-being: Preventive medicine 30. 1 (2000): 17-25.