

## How to Overcome Common Barriers

Hi, I am Dale. During this segment we are going to talk about overcoming common barriers. To start out with, if you have arthritis in the hip or knee you want to avoid or limit weight bearing activity such as walking and try more non-weight bearing activities, which is riding a sit down recumbent type bike or swimming or water aerobics for example. Another common barrier we hear is time, it doesn't have to require a huge time commitment. You can break it down into ten minute chunks, preferably trying to get three of those in a day for a total of 30 minutes of exercise in a day. Another common one we hear, is people think that exercise is expensive. It doesn't have to be expensive. You can use simple things just around the house such as soup cans or water bottles to work out with or even going for walks, something simple like that. Another common barrier we hear is motivation. Almost always after exercising you feel better, so if you just get out and exercise and get going your mood will improve. Sometimes the weather doesn't always cooperate, so then we need to look for exercise that we can do indoors. For instance, you can go to the mall and walk there. If you can't get to the mall you can do things in your own home, such as using soup cans, water bottles or resistance bands that we will be demonstrating in a later video. Another common barrier is some people think that exercise is painful when in all actuality regular physical activity will help reduce your pain and make exercise more fun. Here are some of the things that our Veterans have experienced.

I was fortunate enough to have a heart attack at 42 years old and survived it, so when you talk about exercising to me you are talking about my life, I eat, sleep and drink exercise.

One of the negatives was being able to stay focused when you do go out with other people and not feel guilty or embarrassed in front of everyone because you are ordering different foods and smaller amounts. They are trying to get you to do this or that, don't fall into that trap. Be your own self and continue on with what you have to do.

Gradually over the years my knees started getting very, very tired on the treadmill or the bike and I had to find something that I enjoyed. I found out that I enjoyed running in water and I put a flotation device around my waist and I will get to where my feet do not touch the bottom of the pool and I will run as fast as I can. If I did it right away in the morning I wouldn't procrastinate the rest of the day because it was so easy for me to say, oh, I will just put it off and do it tomorrow.

The big thing here is finding the time of the day. I never did that before. I do spend 15 minutes at a minimum.

In the beginning it was tough because I didn't have any equipment, so if it was rainy or whatever that was a limitation. Then I did find treadmills, weight machines and other stuff, I started doing that, I will do a minimum of five miles a day basically.

In the wintertime of course you can't go out and ride the streets on a bike, so what I did you just go down to K-Mart and we bought ourselves a bike and we got one of the stationery things to put into the rear wheel, I don't have \$500 or \$600 to put into it, I got less than \$200

bucks in it, but the pain in the knees and everything like that it just hurt, but you get on that bike and you start riding it for a half hour or hour, go 10-12 miles on a bike like I do just makes the arthritis feel better, it is not as painful.

We live in a mobile society, to do the things that we have to do to obtain our goals in *MOVE!* we have to do the opposite of what 8 out of 10 of our peers are doing and the hardest part of all is the mental attitude, the hardest part of any workout that I ever had was putting my tennis shoes on and leaving the house.

We talked about a lot of different barriers today. For more on medical conditions, please refer to your handouts and we will see you next time.