

MY EXERCISE CHALLENGES

TASK CARD

“I have challenges with...”

“I am actually extremely lazy...”

1

“I don't like being sweaty...”

2

“I would actually like to but I don't have the time to do exercises...”

3



MY EXERCISE CHALLENGES

“I don't like feeling
out of breath...”

4

“I get nervous when
I feel my heart really
beating...”

5

“I think keeping fit
is too difficult...”

6

“I often do housework so
I get enough exercise...”

7



MY EXERCISE CHALLENGES

“I am just not the type to be good at sport and suchlike.”

8

“It often hurts when I try to keep fit...”

9

“I press myself too hard because I don't want to lose face and then I feel physically unwell...”

10

“I am not as good as I used to be. So I can't be bothered to take part in sports anymore...”

11



MY EXERCISE CHALLENGES

“I just need a kick
to get me going...”

12

“It hurts when I move
too quickly...”

13

“It is far too expensive
to go to the gym...”

14

“I don't like showing myself
in sportswear...”

15



MY EXERCISE CHALLENGES

“I feel I stand out
in the gym...”

16

“I have never done any
physical exercise...”

17

“It is easier to take the car
than the bike...”

18

“Once I get home,
I just can't bear the
thought of leaving
home again...”

19



MY EXERCISE CHALLENGES

“I don’t know how
I will get going...”

20

“I am too tired
when I get home...”

21

“Doing exercises
cannot fit in with my
working hours...”

22

“I don’t have the time
to keep fit.”

23



MY EXERCISE CHALLENGES

“It always hurts somewhere, no matter which kind of exercise I do...”

24

“I simply don't know why I can't get going...”

25

“Keeping fit is fun at first but then I lose interest...”

26

“If I have to go off by myself, I can quickly think of many excuses...”

27



MY EXERCISE CHALLENGES

“There are lots of other things in my life right now...”

28

“Exercise is not funny at all ...”

29

“I hate it when I am under pressure and it hurts...”

30

“If the rhythm gets broken, it is hard to get going again...”

31



MY EXERCISE CHALLENGES

“I need somebody to help me keeping up the good spirit ...”

32

“I already do enough exercise...”

33

“I move around a lot at work...”

34

“I don't need physical exercise...”

35



MY EXERCISE CHALLENGES

“I don't like other people deciding what I should do...”

36

“I don't know anyone who keeps fit...”

37

“I feel so good after doing physical exercise...”

38

“I can manage more in my daily routines when I make sure I do exercise....”

39



MY EXERCISE CHALLENGES

”Getting into better
and better shape is
a great feeling...”

40

”It is nice to get the body
and pulse moving...”

41

”It is good to do sports
with others...”

42



MY EXERCISE CHALLENGES

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45

RELEVANT

**NOT
RELEVANT**

