Lack of Social Support

Common barriers may be keeping you from being physically active.

August 17, 2026 By CDC.gov

Learn to overcome common barriers, such as lack of social support, that may be keeping you from being physically active and start making movement part of your day.

- Explain your interest in physical activity to friends and family. Ask them to support your efforts.
- Invite friends and family members to be physically active with you.
- Plan social events involving physical activity.
- Develop new friendships with physically active people.
- Join a gym or group, such as the YMCA or a hiking club.

Adapted from: Physical Activity Basics, CDC.gov

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http://beta.docker.poz.com/article/lack-social-support