



Lack of Time

Learn how to overcome obstacles and make physical activity part of your day.

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Common barriers, such as lack of time, may keep you from being physically active. Learn how to overcome obstacles and make physical activity part of your day.

- Monitor your daily activities for a week. Identify at least five 30-minute time slots you could use for physical activity.
- Add physical activity to your daily routine. For example, walk or ride your bike to work or to go shopping, walk the dog or take the stairs instead of the elevator.
- Organize school activities around physical activity.
- Choose activities, such as walking, jogging or stair climbing, that you can do in the time you have available—even if it's just for a few minutes.
- Use facilities and programs at your workplace if possible.
- Schedule walking meetings when you can.
- During phone calls, try to stand, stretch or move and walk.

Adapted from: Physical Activity Basics, CDC.gov

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