**Unit 5 – Training for personal fitness**

**Adherence –** sticking to or not sticking to. **Strategies –** Putting something in place.

PICK 4 FROM THIS LIST

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| **Barriers to Physical Activity** | **Explanation** | **Strategy** |
| Cost |  |  |
| Emotional |  |  |
| Time |  |  |
| Access |  |  |
| Motivation |  |  |
| Physical |  |  |
| Facilities |  |  |
| Interest |  |  |

**Pass:** describe personal exercise adherence factors and strategies for training success

The four strategies to use are;

1. SMARTER targets
2. Implementing enjoyable activities
3. Knowing the benefits of the personal training programme
4. Support and reinforcements
5. Rewards for achieving goals