**Barriers to a Healthy Lifestyle**

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| **Intrapersonal Barriers**  **Socioeconomic limitations**  **Self-confidence**  **Knowledge**  **Preferences**  **Perceptions**  **Motivation**  **Health status**  **Age** | **Interpersonal Barriers**  **Screen time**  **Food availability at home**  **Social support**  **Time constraints**  **Culture** |
| **Community/Institutional Barriers**  **Workplace food environment**  **School food environment**  **Food availabitlity – stores**  **Socioeconomic characteristics**  **Eating out**  **Portion sizes**  **Access** | **Public Policy Barriers**  **Media advertisements**  **Public policy**  **Food pricing**  **Development/Zoning regulations** |

Examine the barriers listed in the categories above.

Highlight or circle the barriers that you face on a daily or weekly basis.

Compare your list with another student to see if you face the same barriers.