**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.