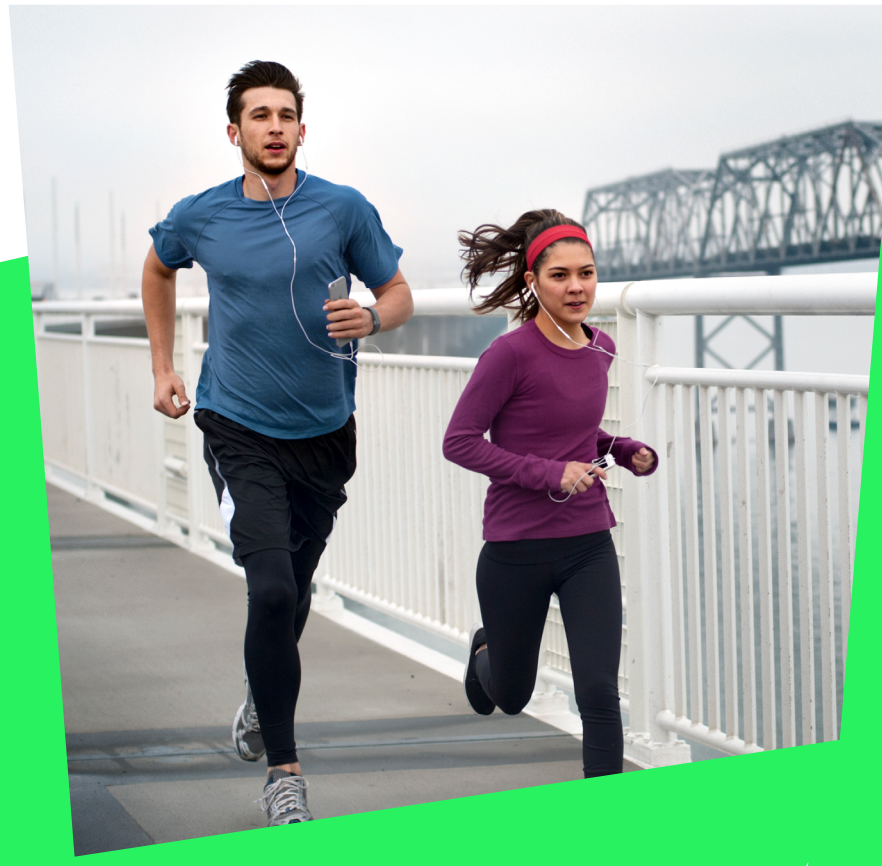


RISE.

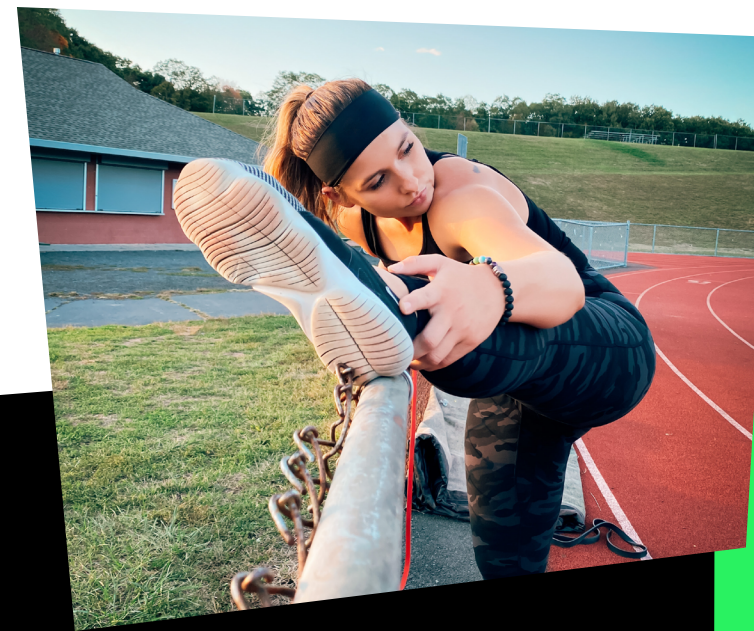
WHAT DO YOU THINK PHYSICAL ACTIVITY IS?

- > Building strength
- > Exercise
- > Keeping yourself in an able state
- > An increase in heart rate
- > Dopamine / endorphins
- > Burning energy to keep physically fit
- > Taking care of your body
- > Moving your body - directed at specific parts, for a long-ish period of time



WHAT BARRIERS DO YOU FACE?

- > Lack of confidence / insecurity
- > Not being forced into taking part
- > Lack of support / encouragement
- > Not having the correct resources
- > Being persistent with activity - people tend to give up quite quickly
- > The majority not taking part - not a fully formed social norm
- > Not getting the correct support when a beginner
- > Lack of fun and different activities / not knowing that they're available



WHAT WOULD MAKE IT EASIER FOR YOU TO TAKE PART IN PHYSICAL ACTIVITY?

- > Having more available options to take part in physical activity
- > Right environment / motivation - small, short term rewards
- > Having a range of options for different abilities and types of people
- > Having the right resources
- > Having available options that are promoted to people
- > Knowing what options are available for me
- > Less fear / anxiety around joining a gym and starting new
- > Having bar codes on Gym equipment would make more people more comfortable going to the gym
- > Having fun/different activities for example lazer tag

