

## *How does it apply to you?*

Having read about the benefits of activity and how you might address some of the unhelpful approaches and barriers to being more active, it's useful to stop and think through in detail how all of this applies to you. The following chart will help you to do this.

What are the benefits of activity for me?

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What's stopping me being more active?

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What would I need to change to be more active?

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Which activities might work well for me?

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