

Challenge	Ways to Cope	Other Ways to Cope
<p>It costs too much.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Do free activities like walking. <input type="checkbox"/> Buy workout clothes and equipment on sale. <input type="checkbox"/> Look for free fitness classes at your library or community center. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>It's painful or tiring.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Ask your healthcare provider what ways to get active are right for you. <input type="checkbox"/> Ask a trainer to teach you proper form. <input type="checkbox"/> Work out at the time of day when you have the most energy. <input type="checkbox"/> Walk slowly, swim or do other low-impact activities. <input type="checkbox"/> Do yoga or Tai Chi. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____
<p>It messes up my hair.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Work out in a cool place. <input type="checkbox"/> Try new hair products and styles. <input type="checkbox"/> Plan your workouts for days you do not need to style your hair, or plan to wash it. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____