**Scenario 1**

1. Determine the barriers to being active

2. Suggest some solutions for overcoming these barriers

Beth is a High School student. She has never taken regular exercise classes or been a member of a sports team. She does not enjoy physical education because she has never seen herself as an athlete. Her friends asked her to join their soccer team but she is too embarrassed to join because she worries her skills aren’t good enough. She doesn’t think that she is good at any physical activity, so she would rather not try. She thinks exercising will do more harm then good. Her parent’s are very supportive and have encouraged Beth to join different programs. Her mom bought her a gym membership for her birthday. She went a couple of times; she thought it was boring so she didn’t go back.

**Scenario 2**

1. Determine the barriers to being active

2. Suggest some solutions for overcoming these barriers

Paul is a recent high school graduate. He was a good athlete in high school and played on all of the sports his school offered including the basketball, volleyball, and badminton teams. He now has a full time job and is taking University classes. He just moved into an apartment by a park with his friend. His apartment is 10 minutes away from his school, but Paul has his own car for transportation. He would like to stay active but he is no longer getting the recommended amount of physical activity. Paul feels he doesn’t have the time or energy to fit physical activity into his schedule.

**Scenario 3**

1. Determine the barriers to being active

2. Suggest some solutions for overcoming these barriers

Sam is a middle school student. She understands the importance of staying healthy, but has been unable to obtain the recommended amount. Her family doesn’t have enough money to put her in any sports programs or buy her athletic equipment. Sam wishes she had a bicycle or rollerblades, like her friends. Her parents aren’t supportive of her participating in any after school programs because she has to babysit her siblings and watch their dog. Sam knows there are some other kids from her school that live on her street.