

What is keeping you back? (Part II of III)

By: Brian J. Boyle PT, DPT, CSCS
Gaston Rehab Associates, Inc.

Last month I discussed the concept of “barriers” in relation to self-efficacy. You are already familiar with barriers on the road. Barriers tell us when lanes or entire roads themselves are closed, they keep us from driving into oncoming traffic, they even keep pedestrian traffic separate from vehicle traffic and so on.

Those barriers are easily recognizable. How familiar are you though with barriers in your own life that are slowing you down or keeping you from doing something like making a change in your health and/or diet? These barriers are not always as easy to recognize.

The barriers that affect us as humans may be real or imaginary/perceived and may also be internal (coming from inside you) or external (something that has an effect on you from an outside source). Real barriers are things like lack of money, lack of choices at restaurants and grocery stores, hours that businesses are open, lack of equipment and so on. Imaginary or perceived barriers are the ones inside our own heads and they are generally by our own design. Examples of these barriers are lack of self confidence, perceived lack of time, perceived lack of energy and so on.

For the most part real barriers are also external barriers that may be outside of our control. On the other hand internal barriers are often imaginary or rather perceived and are typically well within our own control.

One barrier I often hear drivers talk about is their perceived lack of time. Drivers will tell me they don't have time to exercise or they don't have time to eat healthy meals. My next question is always how much time did you spend watching TV today or surfing the web? Use that same amount of time to reinvest in yourself by working on your health. Fourteen hours of sitting everyday while on the road is enough to make anyone “feel” tired (perceived lack of energy), but what do most drivers do at the end of the day? They go find somewhere to “relax.” Well that doesn't make any sense because most of that “relaxing” involves sitting down again and or eating. Isn't that what you just got done doing on the road. The body and mind need stimulation and need activity in order to keep strong and healthy. Activity can be as easy as taking a walk or as intensive as finding a gym nearby to go workout at.

Once you recognize where the barriers that are keeping you back are coming from, you will be much more successful removing those barriers from your life. In next month's article I will discuss some ideas to increase health and wellness in your life while out on the road.