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MOTIVATIONS AND BARRIERS TO EXERCISE AMONG COLLEGE STUDENTS

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ABSTRACT

Ebben WP, Brudzynski L. Motivation and barriers to exercise among college students. ***JEP****online* 2008;11(5):1-11. The majority of Americans, who are overweight or obese, do not exercise and 50% who do quit after 6 months. The purpose of this study was to acquire comprehensive information of the motives and barriers to exercise among college students. The study included 1044 participants (20.53±5.77 years), with 689 (66%) women and 355 (34%) men, from 32 states and 17 countries. Most (76.8%) reported exercising. Common motives for exercising included "general health," "maintain fitness," "stress reduction," "enjoyment pleasure," and "feel good/better." For those who exercise, 76.1% desired to exercise more. The most common circumstances that would lead those who exercise to exercise more included, "more time," "less school work," "more motivation," "fewer time commitments," and "sport to train for." Common barriers for those who do not exercise included "no time," "laziness," "other priorities," "no motivation," and "no energy/tired." For those who do not exercise, 88.8% desired to. Circumstances that would lead non-exercisers to begin included "more time," "workout partner or group," "fewer demands," "more motivation," and "better facility location." A variety of other motives and barriers were identified. Exercise physiologists need to understand the motives and barriers to exercise in order to optimize the exercise adherence.

Key Words: Exercise Psychology, Sport Psychology, Adherence.

INTRODUCTION

Approximately 66% of Americans are overweight or obese (1) perhaps due to the fact that 85% of Americans do not participate in regular vigorous exercise (2). Physical activity levels decline throughout the life cycle with the largest rate of decline in young adulthood (2). Only half of college students meet recommendations for vigorous physical activity (3) while mortality is higher for those who do not maintain regular physical activity as they age (4). It is interesting to note that psychological factors, such as self motivation, may be the best predictor of exercise behavior (5). Thus, understanding factors such as the motives and barriers to exercise may be necessary to create intervention strategies that maximize the likelihood of exercise participation in order to offset this decline throughout the life cycle.

A variety of motives for exercise have been identified in the literature, with inconsistencies in the methods used and results. Numerous survey instruments have been used to examine exercise motives with the overwhelming majority of these studies using ordinal scales and other closed ended questions (6). Studies have assessed the motives for exercise with the Motivation for Physical Activity Measure which is limited to factors such as enjoyment, competence, and body-related factors, and excludes other potential motives to exercise (7). Other survey instruments used to assess exercise motivations include the Motivation for Physical Activity Measure-Revised (8), Exercise Motivation Scale (9), the Reasons for Exercise Inventory (10), and The Exercise Motivation Inventory-2 (EMI-2) (7,11). Interestingly, studies using these instruments demonstrate differing results. Studies assessing exercise motives of college students in particular identified factors such as competence (8), fitness, and situational body dissatisfaction (10) which are not represented in the EMI-2. Previous recommendations indicate that motives for exercise are highly differentiated, particularly across the lifespan (12) and stressed the need for multifaceted approaches to understanding exercise motivation (9).

In addition to research examining motivations to exercise, previous research has considered the barriers to exercise. These studies include the 1995 study by the Canadian Fitness and Lifestyle Research Center, which surveyed Canadians in an attempt to quantify the barriers to physical activity (13) with results of this study cited in classic textbooks of sport and exercise psychology (14). While this study provides useful information regarding this issue, it is restricted to closed ended questions, potentially limiting the breadth of information obtained. Other studies assessed barriers to exercise using instruments such as the Exercise Benefits/Barriers Scale, which contained 4 point Likert scale questions (15). In addition to surveys with closed ended questions, Gyurcsik et al. (3) examined barriers to exercise using open ended questions that requested participants to list up to 5 barriers to vigorous physical activity, with researchers independently classifying these barriers in an ecological framework, yielding different results compared to previous studies on this topic (13,15). Other studies have identified barriers to exercise based on culture, geographic region, and country, reporting that these barriers may change over time (16). Previous studies examining these issues are either dated, used small samples, or employed survey instruments with closed ended questions, potentially limiting subject responses.

Therefore, the purpose of the present study was to acquire comprehensive contemporary information on the motives and barriers to exercise for those who exercise as well as those who do not exercise, using open ended questions. We hypothesized that some of the motives for, and barriers to, exercise participation would be different than those previously reported.

METHODS

Procedures

An introductory email letter describing the project along with the survey was sent to 4001 randomly selected students from a large Midwestern university. Within one month, a survey and cover letter were mailed. Participants were given one week to complete the survey with a follow-up email letter sent halfway through the week.

This survey was created for this application based on input from an advisory group of twenty allied health professionals from a variety of disciplines including nursing, fitness, strength and conditioning, wellness, health promotion, counseling psychology, clinical social work, physical therapy, exercise psychology, and exercise physiology. The survey was divided into several sections including those assessing background information, exercise participation rates, motives for exercise for those who exercise, factors that would lead exercisers to exercise more, barriers to exercise for non-exercisers, and factors that would lead non-exercisers to begin to exercise. The survey was then validated through pilot testing with a sample of 25 allied health professionals and was modified based on their feedback. The survey was further validated via a pilot test with a group of 30 college students. After this pilot test, the survey was slightly modified based on the results and implemented.

Statistical Analyses

The survey contained fixed response and open-ended questions. Answers to open-ended questions were content analyzed according to methods described by Patton (17). During data analysis, each researcher generated higher order themes via independent, inductive content analysis of the raw data and compared independently generated themes until consensus was reached at each level of analysis. At the point of development of higher order themes, deductive analysis was used to confirm that all raw data themes were represented. Researchers were trained and experienced with qualitative methods in sports science research and content analysis.

RESULTS

Background Information

One thousand forty four out of a sample of 4001 (26.1%) people responded to the survey. Survey participants ranged in age from 17-55 years old, with an average age of 20.53±5.77 years. Survey participants included 689 (66%) women and 355 (34%) men. A variety of races were represented, including those defined as “White, non-Hispanic” making up 88.5% of the participants. Other races such as “Asian,” “Black,” and “Hispanic” ranged between 2.2 to 3.5% of the respondents. Participants defined as “Native American or Alaskan Native” accounted for 0.4% of the survey participants. The majority of participants were from the United States (97.89%) with 32 different states of origin identified. Additionally, participants from 17 countries completed the survey.

Exercise Participation Rates

The survey assessed how often the survey participants exercised, which was defined as, “physical activity,” that includes going out of one’s way to participate in exercise that is not part of a daily routine such as walking to school or work or taking the stairs. Approximately 76.8% of survey participants reported exercising, whereas 23.2 % did not. The majority of survey participants who exercised (77.4%) reported that they had exercised more at times in the past. Similarly, the majority of those who reported they currently did not exercise (90.9%) stated that they had exercised in the past. The majority of exercisers and non-exercisers alike wished they exercised more or exercised, respectively. For those who exercised, participants reported an averaged 220.4 minutes of exercise per week. Data demonstrating the number of days per week that participants exercise are presented in figure 1. Data describing the types of exercise performed are presented in figure 2.

Figure 1. Number of days per week that survey participants exercised.

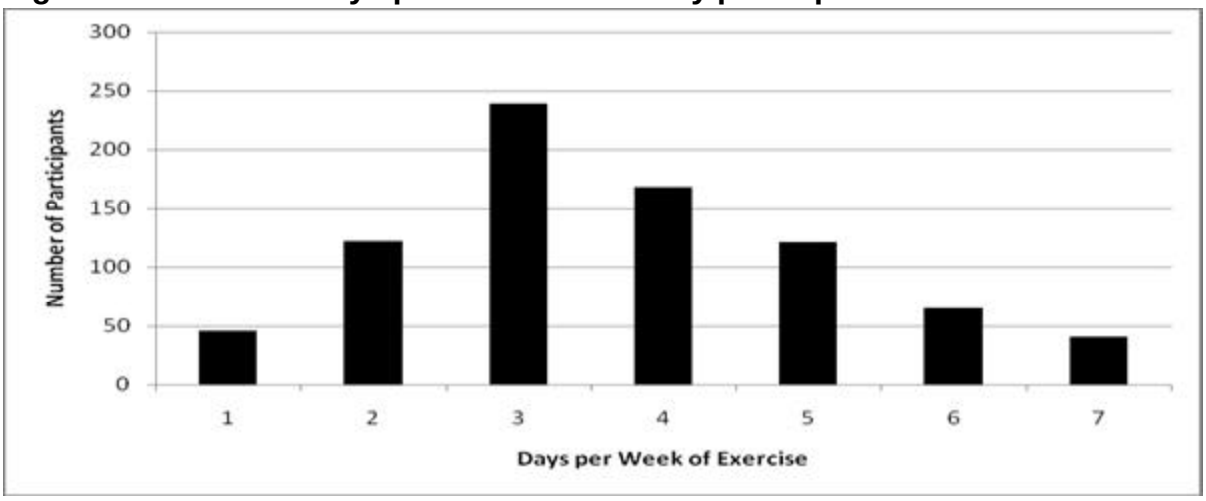
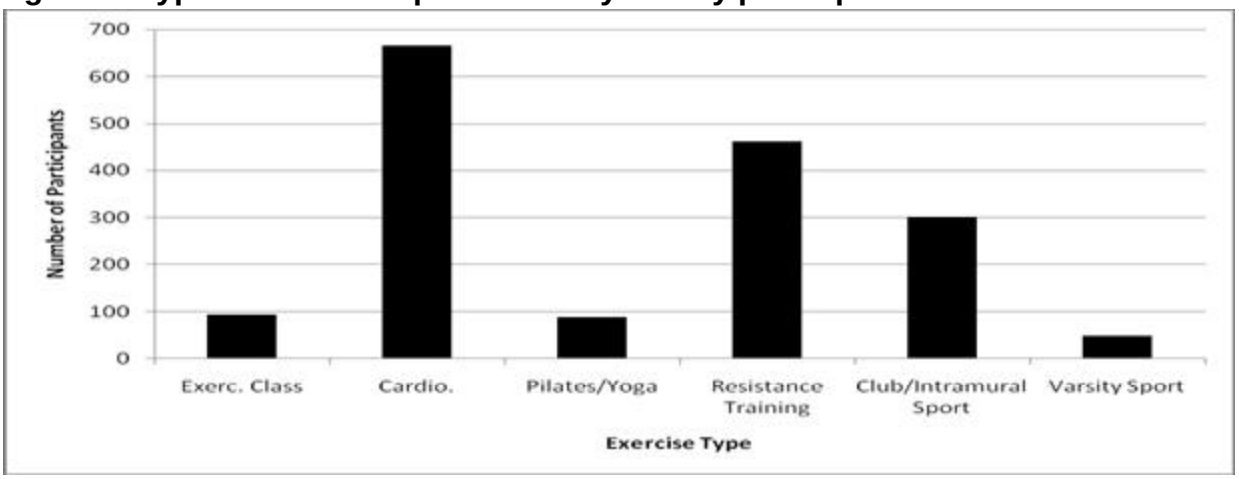


Figure 2. Types of exercise performed by survey participants.



Motives and Barriers to Exercise

Participants in this survey identified a variety of motives for exercising. These motives are organized by higher order themes and presented, along with representative raw data, in Table 1. For those who exercise, 76.1% wished they exercised more. Table 2 identifies the barriers and circumstances that would lead those who exercise to exercise more. For those who do not currently exercise, 88.8% wish they would. Table 3 describes the barriers to exercise for those who do not currently exercise. Table 4 identified the potential circumstances that would lead non-exercisers to begin to exercise.

DISCUSSION

This is the first comprehensive survey of the motives for, and barriers to exercise among college students in the United States. Previous comprehensive research of this type has been conducted approximately 12 years prior to this survey and used closed ended questions, thus limiting the possible responses (13). Thus, the results of the present study provide updated information and unique data about this important issue.

In the present study, the survey response of 1044 of 4001 (26.1%) is in the high end of the range typical for email surveys (18,19). Previous studies examining either motives for or barriers to exercise

have evaluated the exercise participation rates among college students. These reports identify exercise participation rates of 53 to 68.8%, based on varying definitions of exercise frequency and duration. In the present study, 76.8% of participants report exercising. Subjects provided a number of motives for why they exercised.

Motives to Exercise

Previous research examining exercise motives demonstrate some similarities as well as differences when compared to the present study. In the present study, "general health" and "maintain fitness" were the two most common themes. This finding is consistent with other studies that identified "positive health," "fitness," and "health/fitness management" as the most common motives for exercise (7,8,10,11) along with "appearance/weight management" which was the second most common motive in one study (10). The theme "stress reduction" was the third most common motive for exercise in the present study and ranked between third and eight in three other studies (7,10,11), though was not represented in another (8). In the present study, the fourth most common motive to exercise was "enjoyment/pleasure," which was ranked fourth through ninth in other studies (7,10,11), though not represented in one study (8).The fifth most important motive for exercise in the present study was "attractiveness/appearance." This ranking differed from previous studies which ranked this theme second (8,10), third (7), or tenth (11).

The present study identified a variety of other motives for exercise including those that were not identified in previous studies. Some examples included themes such as "feel good/feel better" (5th), "vigor" (10th), "increased self esteem" (11th), "training for sport" (13th), "preventative health" (14th), and part of "lifestyle/habit" (15th). Compared to the present study, previous research examining exercise motives have used smaller samples ranging from 155 to 233 college students, and closed ended questions (7,8,10,11), thus limiting the range of responses which may account for some differences in results.

What Would Lead Exercisers to Exercise More

For those that exercised, many reported that they wished they exercised more. Common factors that would lead them to exercise included "more time," "less school work," "more motivation," fewer time commitments," and "a sport to train for." Some of these factors are similar to the barriers to exercise that were identified by the non-exercisers in this study with the exception of factors such as "laziness," "no/energy tired," "dislike exercising in public," "health issues," and "dislike of exercise."

Barriers to Exercise

A number of studies identified barriers to exercise with variability in methods as well as results. In the present study, the most common reason for not exercising was identified as "no time." This finding is consistent with the CFLRI study (13), but differs with studies examining barriers to exercise among college students. The closest themes from other studies include "exercising takes too much of my time," which was the fourth most common barrier identified, (15) "school workload too high," and "studying for exams," which were the first and fourth most common barriers, respectively, cited by Gyurcsik et al.(3). In the present study, exercise barriers were differentiated between those who reported that they did not have time and those who identified a variety of other priorities such as school work. The second most common barrier in the present study was "laziness," which was not identified in any previous study. This finding demonstrates the advantage of open ended survey questions that afford the acquisition of ideas that may not be possible with closed ended questions. A potential disadvantage of open ended questions is the possibility of incorrect researcher interpretation of the data and the formation of specious themes or factors. However, in this case, every sample of raw data making up the theme "laziness" contained the word lazy or its derivative, with raw data typified by comments such as "I am lazy." The identification of "laziness" as a barrier to exercise may

explain part of the increase in the number of people who are overweight or obese in the United States (1). The third most common raw theme from the present study is "other priorities." This answer includes a variety of tasks that the participants preferred to or needed to do, other than exercise. This concept is not represented in the CFLRI study (13), unless this idea is contained in, but not overtly described in the "lack of time" theme. The "other priorities" theme is also not present in the study by Grubbs and Carter (15). Gyurcsik et al. (3) identified categories such as "social invitation during workout." It is interesting to note that in the present study, none of the 1044 respondents identified "social invitation during workout" as a barrier to exercise. In the present study, "no motivation" was identified as the fourth most common barrier to exercise, and is generally consistent with other studies that identified it as the third (13) and sixth (3) most common barrier. However, other studies fail to identify "no motivation" as a barrier (15). The theme "no energy/tired" was the fifth most common barrier in the present study compared to second in the CFLRI study. One study identified "exercise tires me" and "I am fatigued by exercise" as the first and third most common barriers, respectively (15). One study did not identify "no energy/tired" as a barrier to exercise at all (3).

Numerous other barriers to exercise are identified in the present study including several that are not identified in previous studies assessing barriers to exercise. Examples of these barriers include "laziness" (2nd), "satisfied with looks" (9th), "daily routine provides workout" (12th), "do not need exercise" (16th), "do not see benefits" (20th), "never have exercised" (21th). This finding is likely due to the large sample and open ended nature of the questions in the present study. The size of the sample for the CFLRI study (13) is unknown. The published study report indicates that "more than 2500 Canadians "were asked," but it is not clear how many responded. Gyurcsik et al. (3) assessed the barriers to physical activity using an open ended questionnaire asking study participants to identify up to 5 barriers to physical activity, with a sample of 132 college first year students. Grubbs and Carter (15) also examined the barriers to exercise with a relatively small sample of 147 college students, using the Exercise Benefits/Barriers Scale with 4 point forced choices Likert format. Thus, the present study provides more detailed information on barriers to exercise and used a larger sample than previous studies evaluating this issue among college students.

What Would Lead Non-Exercisers to Begin to Exercise

In the present study, non-exercisers were asked to identify the factors that would lead them to exercise. Themes such as "more time," "fewer demands," and "more motivation" were consistent with the barriers identified in this study such as "no time," "other priorities," and "no motivation." However, non-exercisers also identified themes including "workout partner or group" and "better facility location" as part of the top five remedies to overcome the barriers identified by non-exercisers. In contrast, the theme, "better facility location" was previously described as a "moderate barrier" (13) though the present study and the CFLRI study (13) demonstrate few environmental barriers among the top reasons people do not exercise.

Survey Type and Sample Size

The majority of studies examining motives and barriers to exercise were conducted with samples ranging from 132 to 233 (3,7,8,10,11,13,15). All but one (3) of these studies used closed ended questionnaires. The present study revealed a variety of motives and barriers not previously identified, which is likely the result of the large sample size and open ended questions used in the present study. The most salient example from the present study includes the barrier to exercise described as "laziness" which ranked as the second highest barrier though not previously described in any study. Unfortunately, closed ended questions limit the respondent to specific response categories that may not include all response possibilities (20,21).

CONCLUSIONS

In light of the existing data on obesity rates, many Americans need the services of an exercise physiologist. However, even the most capable exercise physiologist may be powerless to help since most Americans do not participate in exercise programs, and half that do will drop out. Thus, interventions need to be directed at assisting current and potential clientele in overcoming barriers and capitalizing on the motives for exercise such as those described in this study, in order to increase the likelihood that people will begin and continue to exercise. While barriers such as a lack of time and motivation, and multiple commitments are most common, the exercise physiologist should ask each client to identify the specific factors that potentially compromise their exercise adherence and work together to identify solutions. Similarly, while health, fitness, stress reduction, and pleasure are among the most common reasons people exercise; the exercise physiologist should understand each of their clients' reasons for exercise and tailor the exercise interventions to foster those unique motivations. For each client, a simple form can be created that lists barriers and motives to exercise as well as some specific interventions to overcome the barriers and take advantage of the motives.

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Table 1. Motives for exercise (N=802).

Higher Order Theme	Number / %	Example of Raw Data Making up this Higher Order Theme
General Health	251 / 31.1%	"Attempting to have a healthier lifestyle"
Maintain Fitness	203 / 25.3%	"I'd like to stay in shape"
Stress Reduction	192 / 23.9%	"It is good stress relief"
Enjoyment/Pleasure	159 / 19.8%	"I play sports because I enjoy them"
Feel Good/Feel Better	148 / 18.5%	"I feel better when I exercise"
Attractiveness/Appearance	123 / 15.3%	"To look toned and attractive"
Weight loss	112 / 14.0%	"Trying to lose weight"
Weight maintenance	108 / 13.5%	"I exercise so I don't gain weight
Vigor	106 / 13.2%	"It makes me feel alive and energized"
Increased Self Esteem	98 / 12.2%	"It makes me feel better about myself"
Increased Strength/Endurance	94 / 11.7%	"I'm trying to increase muscle strength"
Training for Sport	73 / 9.1%	"To perform in athletics at a higher level"
Preventative Health	46 / 5.7%	"To prevent diabetes and heart problems"
Part of lifestyle/Habit	41 / 5.1%	"I do it because it has always been part of my routine"
Break/Escape	33 / 4.1%	"To escape stress and things weighing me down"
Socialization	33 / 4.1%	"It is a way of socializing"
Improve Body Image	28 / 3.5%	"To have a good body image"
Competence/Accomplishment	25 / 3.1%	"I feel like I need to prove that I can do something well and do it on my own"
Improved Cognitive Function	21 / 2.6%	"I can focus more when I exercise, clears my head"
Relaxation	19 / 2.3%	"Relaxing for my mind and body"
To Fill Time	19 / 2.3%	"It gives me something to do"
To Become Fit	19 / 2.3%	"To get in better shape"
Mood Enhancement	19 / 2.3%	"To increase endorphins to feel better"
Energy Release	15 / 2.3%	"It releases extra energy"
Related to Career	15 / 2.3%	"Majoring in a health care profession"
Increased Muscle Mass	10 / 1.2%	"To increase muscle mass"
Challenge/Competition	9 / 1.1%	"I like the challenge of sport"
Improved Sleep	8 / < 1.0%	"Helps me fall asleep at night"
Develops Virtues	6 / < 1.0%	"To have a good work ethic"
Enjoyment of the Outdoors	6 / < 1.0%	"To be outdoors"
Weight Gain	2 / < 1.0%	"I don't want to lose weight, rather gain it"
Self Defense	2 / < 1.0%	"For self defense"
Prepare for a Special Occasion	2 / < 1.0%	"A wedding, I'll be standing up in (month)"

Table 2. What would lead exercisers to exercise more (N=802).

Higher Order Themes	Number/%	Example of raw data making up this higher order theme
More Time	294 /38.1%	"I would exercise more if I had more time"
Less School Work	107 /13.9%	"If I didn't have to study so much, less homework"
More Motivation	49 / 6.4%	"I need to become more motivated"
Fewer Time Commitments	36 / 4.7%	"Less time at work"
Sport to Train For	29 / 3.8%	"Having something to train for. I workout when I am on a team or training for an event"
Workout Partner	24 / 3.1%	"If I had a buddy who pushed me"
Better Daily Schedule	23 / 3.0%	"If I had a better schedule"
Weight Gain	17 / 2.2%	"If I gain weight or get any fatter"
Better Exercise Results	15 / 1.9%	"Getting actual results"
More energy/Less Fatigue	14 / 1.8%	"If I was less tired after work"
Closer Exercise Facility	13 / 1.7%	"A place to exercise near my apartment"
Longer Exercise Facility Hours	13 / 1.7%	"I wish the (name of facility) was open 30 or 60 minutes later at night"
Better Health	11 / 1.4%	"A diminished asthma condition"

Personal Trainer	10 / 1.3%	"If I had a personal trainer"
Better Facilities	10 / 1.3%	"Less crowded and more appealing gym"
Nicer Weather	10 / 1.3%	"I like to exercise outside and it is not nice in the winter"
Better Current Fitness	9 / 1.2%	"Excessively overweight"
A Good Exercise Routine	8 / 1.0%	"If I had a good beneficial workout, I would exercise more"
Summer	8 / 1.0%	"Over the summer, I exercise almost every day"
More Exercise Classes	7 / < 1.0%	"Access to more organized exercise classes"
More Sleep	7 / < 1.0%	"If I got more sleep, I would exercise more"
Better Body Image	7 / < 1.0%	"If I was happier with the way I looked"
Time Management	6 / < 1.0%	"I need to become better at time management"
Privacy	6 / <1.0%	"Don't like to shower in public"
Enjoyable Exercise Options	5 / <1.0%	"If there were more enjoyable method to do so"
More daylight	5 / <1.0%	"More daylight""
Laziness	5 / < 1.0%	"If I weren't so lazy"
Equipment at Home	4 / < 1.0%	"Having equipment at home"
More Stress	3 / < 1.0%	"If I had more stress"
Less Stress	3 / < 1.0%	"If I had less stress going on, with school and work"
Less Pain	3 / < 1.0%	"If my body did not hurt so much when I exercise"
If Exercise Were Less Boring	3 / < 1.0%	"If running was less boring"
If Clothes didn't Fit	2 / < 1.0%	"I'd start to exercise if my clothes started to not fit"
Special Occasion	2 / < 1.0%	"…an event where I was required to show more of my body that usual"
Miscellaneous	8 / 1.0%	"City is smoky, exhaust, and sometimes dangerous"

Table 3. Barriers to exercise for non- exercisers (N=240).

Higher Order Themes	**Number / %**	**Example of Raw Data Making up this Higher Order Theme**
No Time	167 / 69.6%	"Not enough time in the day, too busy"
Laziness	49 / 20.4%	"I'm lazy"
Other Priorities	45 / 18.8%	"Other things I need to do first (priorities)"
No Motivation	44 / 18.3%	"I don't feel like exercising, not motivated"
No Energy/Tired	38 / 15.8%	"I am often tired"
Dislike Exercising in Public	23 / 15.3%	"I feel uncomfortable going to the gym with others who presumably work out all the time"
Health Issue	22 / 9.2%	"I have a health issue that makes exercise difficult"
School work	21 / 8.8%	"Too much school work"
Satisfied with Looks	19 / 7.9%	"I am not motivated because I love how I look"
Dislike of Exercise	18 / 7.5%	"I truly dislike exercise"
Facility Limitations	17 / 7.1%	"(Specific facility) is inadequate. Crowded when I am free."
Daily Routine Provides Workout	17 / 7.1%	"Enough of a workout at current job"
Out of Shape	13 / 5.4%	"Too out of shape to begin"
No exercise partner	12 / 5.0%	"I don't have anyone to exercise with"
Lack of Knowledge	11 / 4.6%	"I don't know how to use the equipment"
Don't need exercise	11 / 4.6	"I am underweight and exercising does nothing for me"
Embarrassment	11 / 4.6%	"I am embarrassed about how I look"
Inconvenient Location	10 / 4.2%	"Exercise places are out of my way"
Schedule Problems	10 /4.2%	"Workout places have inconvenient hours"
Do Not See Benefits	9 / 3.8%	"It is sometimes depressing when no real results occur"
Never have exercised	8 / 3.3%	"It s never been part of my daily routine so I don't make it part of my routine now"
Cost	8 / 3.3%	"Expensive to join gyms"
Weather	6 / 2.5%	"Too cold to run outside"
Exercise is Boring	5 / 2.1%	"It is boring"
Time with Friends	5 / 2.1%	"If I exercised more Id have less time with friends"
Unhealthy lifestyle	5 / 2.1%	"Too stoned, don't care"

Diet More Important	5 / 2.1%	"Watching what I eat is more important"
Too stressed	5 / 2.1%	"Sometimes I am just too stressed out"
Forget to Exercise	5 / 2.1%	"Sometimes I just don't think about it"
Burned Out	3 / 1.3%	"Sick of it after doing it too much in high school"
Trying to Gain Weight	3 / 1.3%	"I lose weight when I exercise"
Fear of Facility	2 / < 1.0%	"I am afraid to go to (facility)
Too Difficult	2 / < 1.0%	"Exercise is hard"
Miscellaneous	8 / 3.3%	Daily regimen doesn't require any amount of fitness"

Table 4. What would lead non-exercisers to begin to exercise (N=214).

Higher Order Themes	Number/%	Example of raw data making up this higher order theme
More Time	91 / 25.9%	"If I had more time"
Workout Partner or Group	36 / 10.2%	"If I had a good friend to go with"
Fewer Demands	27 / 7.8%	"If my studies weren't so time consuming"
More Motivation	25 / 7.1%	"Simply motivation"
Better Facility Location	14 / 4.0%	"A more convenient location"
External Motivation	13 / 3.7%	"Someone to motivate me"
Better Schedule/Time Management	12 / 3.4%	"If I had a more organized daily schedule"
More Energy	11 / 3.2%	"If I was less tired/more energy"
Better Knowledge of Exercise	8 / 2.3%	"Knowing more about gym equipment"
More Interest/Enjoyment	8 / 2.3%	"A more enjoyable way to exercise"
Better Facilities	8 / 2.3%	"A nicer facility, more equipment"
Privacy	8 / 2.3%	"More private space, not as intense of an atmosphere"
Self Esteem	7 / 2.0%	"I would exercise more if I felt better about myself"
Exercise Program	7 / 2.0%	"Setting up an exercise routine"
Longer Exercise Facility Hours	6 / 1.7%	"If the gym was open later"
Weight Gain	6 / 1.7%	"Increased body weight would lead me to exercise more"
Personal Trainer	5 / 1.4%	"If I had a personal trainer…"
Better Health	5 / 1.4%	"Not being sick"
Desire to be Healthy	5 / 1.4%	"The health of my heart and other organs"
More Diverse Exercise Options	5 / 1.4%	"More exercise classes, more intramural sports"
Someone to teach me	5 / 1.4%	"If one of my friends who knows how to workout properly, would show me"
Lower Costs	5 / 1.4%	"Free or low cost membership to (name of facility)"
Nicer Weather	5 / 1.4%	"It being warmer out"
Own Exercise Equipment	4 / 1.1%	"If I owned an exercise bike"
Sport Participation	3 / <1.0%	"If I was involved in a sport or something"
More Stress	3 / <1.0%	"If I had more stress"
Less Stress	3 / <1.0%	"Not as stressed out with school"
Better Exercise Results	3 / <1.0%	"Seeing results"
End of Relationship	2 / <1.0%	"If I broke up with my boyfriend"
Embarrassment	2 / <1.0%	"I am too embarrassed to exercise"
Exercise tolerance	2 / <1.0%	"If I felt better after I ran, I would try running"
Miscellaneous	8 / 2.3%	"City is smoky, exhaust, and sometimes dangerous"