**Original Article**

**Title:**

*Barriers for physical activity in overweight adults*

**Short title:** Barriers to physical activity

Cassiano R. Rech 1,2 , Edina M. Camargo 2, 4, Milena de P. Almeida 5, Renata dos S. Bronoski 5 , Nilo Okuno 5, Rodrigo S. Reis 2,3,4

**Instituições:**

1. Federal University of Santa Catarina. Centro de Desportos. Department of Physical Education.

2. Research Group on Physical Activity and Quality of Life (GPAQ). Curitiba-PR, Brazil

3. Pontific Catholic University of Parana. Graduate Program in Urban Management. Curitiba, PR, Brazil

4. Federal University of Parana. Department of Physical Education. Curitiba, PR, Brazil.

5. State University of Ponta Grossa. Ponta Grossa, PR, Brazil.

**Corresponding author:**

Cassiano Ricardo Rech

Universidade Federal de Santa Catarina - Departamento de Educação Física

Campus Universitário Reitor João David Ferreira Lima

Trindade – Florianópolis – Santa Catarina – Brasil - CEP 80215 – 901

Email: crrech@hotmail.com

Fone: 48 – 8486 2658

**Acknowledgment:**

This study was financiated by Fundação Araucária. (507/2012).

**Contribuição dos Autores**

Cassiano R. Rech and Edina M. Camargo were responsible for design, data collection, and analysis and critic review of the text. Milena Almeida and Renata S. Bronoski participated in data collection, literature review and final review of the study. Nilo Okuno and Rodrigo S. Reis attend the final review of article.

Words abstract: 149

Words text: 2623