**Table 2.** Analysis of the number of reported barriers for PA in overweight and obese adults according to the stage of behavior change and the dimensions of analysis. (Ponta Grossa, 2013 n = 36).

|  |  |  |
| --- | --- | --- |
| **Dimensions** | **Barriers Reported** | Stage of Behavior Change |
| Precontemplation/contemplation |   | Action/maintenance |
| n | % |  | n | % |
| **Intrapersonal** |  |  |  |  |  |  |
|   | Lack of confidence in performing PA | 15 | 19,3 |  | 9 | 11,5 |
|   | Discomfort with PA | - | - |  | 2 | 2,6 |
|   | Lack of knowledge about PA | - | - |  | 1 | 1,2 |
|   | Not enough money | 4 | 5,1 |  | 6 | 7,7 |
|   | Lack of time | 4 | 5,1 |  | 2 | 2,6 |
|   | Advanced Age | 2 | 2,6 |  | -  | - |
|   | Dissatisfaction with body image | 5 | 6,4 |  | 6 | 7,7 |
|   | Occupational obligations | 5 | 6,4 |  | 3 | 3,8 |
|   | Presence of diseases | 5 | 6,4 |  | 7 | 8,9 |
| **Interpersonal** |  |  |  |  |  |  |
|   | Lack of support from professionals | 4 | 5,1 |  | - | - |
|   | Lack of social support (family/friends) | 9 | 11,5 |  | 12 | 15,4 |
| **Environmental** |  |  |  |  |  |  |
|   | Unfavorable weather | 2 | 2,6 |  | 3 | 3,8 |
|   | Lack of safety related to crime | 12 | 15,4 |  | 9 | 11,5 |
|   | Lack of safety related to traffic | 2 | 2,6 |  | 3 | 3,8 |
|   | Distance to places for PA | - | - |  | 2 | 2,6 |
|   | Lack of structures/equipment for PA | 9 | 11,5 |   | 13 | 16,8 |
| **Total** |   | 78 | 100 |   | 78 | 100 |