

Table for *Sadler, M.* Examination of Exercise Behaviors, Exercise Barriers and Exercise Self-Efficacy of British Adults.

Table 1

EXERCISE	Days/Week	Distance (km)	Duration (min)
Walking (n=63)	5.5±2.1	2.1±2.8	19.4±17.5
Running (n=34)	1.4±1.6	2.8±3.4	20.2±24.3
Cycling (n=28)	2.2±3.3	6.2±14.3	23.3±36.4
Swimming (n=13)	0.4±0.8	0.5±1.7	6.5±18.1
Group Exercise (n=19)	0.5±1.0		16.0±25.8
Resistance Training (n=23)	1.3±1.2		17.7±25.1

The Table 2 illustrates the most commonly reported exercise barriers in British adults.

BARRIER	N	% of responses
Lack of time	57	72.2
Poor weather	27	34.2
Lack of motivation	21	26.6
Lack of energy	17	21.5
Lack of priority	15	19

Table 3. Lastly, subjects were asked to rate their confidence (self-efficacy) of exercising during various situations using a five point Likert scale (1=not confident; 5=extremely confident). Below are the average ratings for each situation.

SITUATION	MEAN SCORE
When in a bad mood	3.7±1.3
When on vacation	3.2±1.4
When it is raining or snowing	2.9±1.5
When tired	2.7±1.1
When I don't have time	2.3±1.2