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### Challenges and Barriers to Resistance Training in Middle-Aged Women

Ruth M. Dangelo, Luke Haile. Bloomsburg University, Bloomsburg, PA

Women are prone to developing chronic diseases such as osteoporosis, arthritis, diabetes, heart disease, and cancer. Participation in resistance exercise can provide considerable health benefits and help prevent such chronic conditions, yet significantly less women participate in regular resistance exercise than men. **Purpose:** To discover the barriers that prevent women from participating in regular resistance exercise. **Methods:** In late 2019, all female faculty members from a mid-sized university were sent a questionnaire via email. Eighty-two women participated and ranged in age from 25 to 74 years. The questionnaire consisted of eight demographic questions and 37 statements about barriers related to resistance exercise. Subjects rated each statement on a Likert scale of 1 to 5, with 1 as strongly disagree, 2 as disagree, 3 as neutral, 4 as agree, and 5 as strongly agree. Statements with mean scores  $> 3$  were identified as the greatest barriers to resistance exercise. **Results:** 48.78% ( $n=40$ ) of subjects participated in the recommended two or more days per week of resistance exercise. The seven statements with mean scores  $> 3$  were: “I do not have enough time to do resistance exercise,” ( $\bar{x}=3.29$ ) “I am too tired to do resistance exercise,” ( $\bar{x}=3.26$ ) “Resistance exercise makes my muscles sore,” ( $\bar{x}=3.1$ ) “I do not have friends to do resistance exercise with me,” ( $\bar{x}=3.11$ ) “I would rather do cardio or aerobic exercise than resistance exercise,” ( $\bar{x}=3.15$ ) “A fitness facility membership or exercise classes are too expensive,” ( $\bar{x}=3.06$ ) and “Going to a fitness facility is inconvenient” ( $\bar{x}=3.77$ ). **Conclusion:** Women experience a variety of barriers to resistance exercise. Healthcare and exercise science professionals should take these barriers into account when creating resistance exercise programs.