

Table 4. Barriers and facilitators to exercise and lifestyle physical activity.

Barriers	Facilitators
<ul style="list-style-type: none">• <i>Physical environment</i>—rural versus urban environments, home environment, community facilities, parking/access, transportation, and temperature/climate• <i>Social environment</i>—limited support from providers/family, exclusion, dependence, social stress, attitudes of others, cultural factors, and socioeconomic factors• <i>Health condition</i>—fatigue, fitness level, symptom fluctuation, co-morbid health conditions, and medications• <i>Cognitive/behavioral</i>—fear/apprehension, poor self-management, frustration, low confidence, depression, impaired memory, planning and prioritizing, and focus• <i>Cost</i>—gym membership, clinician fees, transportation costs, equipment costs, and childcare fees• <i>Time</i>—perceived lack of time	<ul style="list-style-type: none">• <i>Physical environment</i>—accessible, disability friendly venue, appropriate temperature, and visual instructions• <i>Social environment</i>—role models/peer support, coaches/leaders, healthcare input, family support, assistance from others, and affordability• <i>Health condition</i>—appropriate goal for disability, rest for fatigue, management of co-morbid health conditions, and fatigue management awareness/approaches• <i>Cognitive/behavioral</i>—accomplishment, self-management, choice, self-monitoring, coping, perceived safety, diary, and commitment• <i>Cost</i>—programs, grants, and equipment from MS advocacy organizations• <i>Time</i>—improved time management and prioritization

MS: multiple sclerosis.