Intrinsic challenges and external factors. Intrinsic challenges are those that arise from within an individual and can be harder to overcome, such as lack of motivation or the belief that exercise is not necessary. External factors, on the other hand, are those that come from outside of an individual and can be easier to overcome, such as a lack of time or money.

So, what are your intrinsic and external challenges to exercise? Are you feeling overwhelmed by the task at hand? Or are you just finding it hard to get started?

If you're feeling overwhelmed, try breaking your goal into smaller, more manageable tasks. For example, if your goal is to exercise for an hour every day, try breaking that goal down into smaller tasks, such as walking for 20 minutes each day. This will make it easier to get started and will help you stay on track.

On the other hand, if you're finding it hard to get started, try thinking about why you want to exercise in the first place. Remember that exercise has many benefits, such as improved heart health, reduced risk of chronic diseases, and improved mood.

While the ultimate cure for lack of exercise is a change in mindset, there are things you can do to help overcome your challenges and get moving. So, what are you waiting for? Get out there and start moving! Your body will thank you for it.