|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplemental Material: Record of Barriers to Exercise Identified Per Article** | | | | | | | | | | |
|  | Albright, et al., 2005 | Albright, et al., 2009 | Albright, et al., 2015 | Cramp & Bray, 2010 | Evenson, et al., 2009 | Groth & David, 2008 | Mailey & Hsu, 2017 | Saligheh, et al., 2016 | Thomson, et al., 2018 | Vladutiu, et al., 2015 |
| **Intrapersonal Factors as Barriers** | | | | | | | | | | |
| Tiredness &/or Lack of Sleep |  |  |  |  |  |  |  |  |  |  |
| Low Energy &/or Fatigue |  |  |  |  |  |  |  |  |  |  |
| Low Motivation |  |  |  |  |  |  |  |  |  |  |
| Physical or Health Limitations (Soreness, Sickness, Illness, etc.) |  |  |  |  |  |  |  |  |  |  |
| High &/or Low Expectations |  |  |  |  |  |  |  |  |  |  |
| Appearance, Ability, &/or Confidence Concerns (Including Being Overweight &/or Obese) |  |  |  |  |  |  |  |  |  |  |
| Lack of Enjoyment |  |  |  |  |  |  |  |  |  |  |
| Attitudes/Beliefs Toward Exercise |  |  |  |  |  |  |  |  |  |  |
| Depression |  |  |  |  |  |  |  |  |  |  |
| Already Active Enough |  |  |  |  |  |  |  |  |  |  |
| **Interpersonal Factors as Barriers** | | | | | | | | | | |
| Time &/or Unpredictable Routine/Schedule |  |  |  |  |  |  |  |  |  |  |
| Ethic of Care/Sense of Entitlement |  |  |  |  |  |  |  |  |  |  |
| Busy with Domestic Chores/Care/Responsibilities |  |  |  |  |  |  |  |  |  |  |
| Organizational Demands/Work/Employment |  |  |  |  |  |  |  |  |  |  |
| Health & Mood of Baby |  |  |  |  |  |  |  |  |  |  |
| Lack of Partner Support |  |  |  |  |  |  |  |  |  |  |
| **Socio-cultural/Demographic Factors as Barriers** | | | | | | | | | | |
| Lack of Support from Family, Friends, & Other Mothers |  |  |  |  |  |  |  |  |  |  |
| Education Level |  |  |  |  |  |  |  |  |  |  |
| Marital Status &/or Single Parent |  |  |  |  |  |  |  |  |  |  |
| Available Finances, Low Incomes, &/or Low Poverty Index |  |  |  |  |  |  |  |  |  |  |
| **Physical Environment Factors as Barriers** | | | | | | | | | | |
| Lack of Access to Preferred Exercise Environment |  |  |  |  |  |  |  |  |  |  |
| Weather |  |  |  |  |  |  |  |  |  |  |
| Access to Childcare |  |  |  |  |  |  |  |  |  |  |
| Transportation |  |  |  |  |  |  |  |  |  |  |
| **Healthcare Environment Factors as Barriers** | | | | | | | | | | |
| Lack of Information, Advice, &/or Encouragement |  |  |  |  |  |  |  |  |  |  |
| Breastfeeding |  |  |  |  |  |  |  |  |  |  |
| Pregnancy Complications (e.g. Preeclampsia) |  |  |  |  |  |  |  |  |  |  |