

**Module 2: Looking in Your Blind Spot**  
**Topic 5 Content: Resolving Conflict and Avoiding Danger**

**Dealing with Lack of Space or Equipment**



**Dealing with Lack of Space or Equipment**

**Equipment and space can often be an issue in physical activity settings.**

**A great way around this challenge is to take turns.**

**It helps to be polite and let others use the equipment while you choose to do something else.**

In physical activity settings there is often not enough equipment for everyone to use at once, and often not sufficient space for the activities. A great way around this challenge is to take turns. It also helps to be polite and let others use the equipment while you choose to do something else.

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### Topic 5 Content: Resolving Conflict and Avoiding Danger

#### Conflict Resolution for Future Health and Fitness



## Conflict Resolution for Future Health & Fitness

**There is always potential for a conflict to arise, such as lack of time, injury, or lack of space.**

**Address conflicts head on and don't allow them to hinder you from achieving your fitness goals.**

**Adjust to time constraints with shorter, higher intensity workouts.**

**Modify your workout to put less strain on injuries.**


**Set up times where you have the equipment to yourself, or schedule a workout with a trainer.**

**Your health is important.**

Although you have already learned how to treat people respectfully in group settings, and work around the difficulties that come with a lack of space and equipment, conflicts can still arise. This may include not having enough time to workout, having an injury that hinders performance, or even not finding appropriate space for yourself. When faced with conflict, always address it head on and do not give up, or allow it to hinder you from achieving your fitness goals. Even if you are struggling with a time constraint, you can find shorter workouts to complete with high intensity, such as the 10 minute trainer for P90X. If you have an injury, try to modify your workout so you put less strain on that injury, but you continue to move. If you struggle with space allocation, try to set up a time where you have the equipment to yourself, or schedule a workout with a trainer. In any event, your health is important, so find a way to resolve your conflict and continue working toward success.

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**Dangers with Physical Activity**



## **Dangers with Physical Activity**

- Heavy weights could injure you if they fall on your foot, chest, or face, or through improper use.**
- Always demonstrate safe practices, and check that others around you are doing the same.**
- Have someone spot you in case the weights get too heavy.**
- Clean up your surroundings before and after exercise.**
- Address potentially dangerous situations in a respectful way.**
- Speak with a supervisor or directly with the individual.**

You will encounter potentially dangerous situations in all physical activity settings. For example, in weight training, you will use heavy weights that could injure you if they fall on your foot, chest, or face, or simply through improper use. Therefore, you always want to demonstrate safe practices, and check that others around you are doing the same. It is a good idea to have someone spot you in case the weights get too heavy. You should also clean up your surroundings before and after exercise. If you see potentially dangerous situations, such as damaged equipment or a negligent individual, address the situation in a respectful way. You can speak to a supervisor or talk in a tactful manner directly with the individual who is presenting a concern.