

Table 3 Reasons for not increasing exercise routine among people living with diabetes

Reason for not exercising more	Frequency (n = 80)	Valid %
Not enough time	31	38.8
Too hot	24	30.0
Too tired	9	11.3
Do not like doing exercise	7	8.8
Not in my culture	1	1.3
Not in the culture of Kuwait	1	1.3
Other	7	8.8