



Tip#10: What's Your Fitness Personality?

Adapted from: American Heart Association

What's your fitness personality?

Researchers have learned that people (especially beginning exercisers) are much more successful at sticking to an exercise program when they choose activities that match their personality. In short, whatever moves you is the best way to stay motivated.



If you ...

Try an activity that ...

Like to socialize

Lets you interact with other people - *golf, team sports, join a gym*

Want spontaneity or surprise

Is unpredictable - *dancing, outdoor hiking, racquet sports*

Need a sense of routine and control

Is structured - *training on a step machine, weight lifting, tai chi*

Are motivated by fun or excitement

Can be done with a group - *aerobics or dance classes, skiing, team sports, rock climbing*

Like to be strong, assertive and aggressive

Allows you to release lots of energy - *power weightlifting, martial arts, mountain biking*

Enjoy mental focus

Requires you to concentrate - *yoga, Pilates, martial arts, rock climbing*

Love competition

Has a competitive aspect - *team sports, tennis, volleyball, golf*

Are introspective or want solitude

Can be done alone - *swimming laps, running, walking, yoga*

Are a risk taker

Appeals to your sense of adventure - *cross-country skiing, mountain climbing*

