

Find Your Fitness Personality



Body type isn't the only trait that determines which activities are best for you, though. You've probably already given some thought to what you'd like, based on whether you prefer to do activities alone or in a group; competitive or noncompetitive activities, or outdoor or indoor activities.

Finding a fitness activity that suits your personality is also a big factor in how much you'll enjoy exercise and stick with it long enough to reap the benefits. Do any of the following descriptions of fitness personalities sound like you? If so, read the "hint for success" that pertains to each one.

The Weekend Warrior

The weekend warrior is sedentary throughout the work week and binges on exercise or sports over the weekend.

Hint: Add minimal activity (even as little as 15 minutes twice per week) during the week to help condition your heart and lungs, sustain muscular endurance, and prevent strains or injuries on the weekend.

The Fanatic

The fanatic thinks that if a moderate exercise is good, then a lot is better. He or she always tries to work out a little more, a lot harder, or more intensely than others, and feels anxious and irritable if he or she misses a workout.

Hint: Fitness should be a pleasure, not an addiction or ball and chain.

The Social Butterfly

The social butterfly has difficulty sticking with a solo fitness program, and loves to chat and mingle with other participants in a group.

Hint: Don't always depend on group activities or other people to enable you to meet your fitness goals. Be willing to go it alone if you must.

The Cannonball

The cannonball jumps into a fitness program with a burst of energy and determination but loses enthusiasm a few weeks later.

Hint: Don't try to do too much, too soon, or you'll probably burn out after 2 or 3 weeks. It takes 10 to 12 weeks to start to see the results of your efforts.

The Flipper

The flipper dabbles in one activity, then quickly abandons it for another, and is related to the cannonball. Sometimes he or she may remain inactive for long intervals between flurries of activity.

Hint: Real fitness results from consistent efforts, over the long term.

The Analyst

The analyst loves exercise gadgets and equipment. He or she reads lots of fitness books and magazines and likes to talk about the benefits of exercise.

Hint: This is not a problem if you actually pursue the activities you're learning about. But remember, the important thing is to get out and move.