

What's Your Fitness Personality?

It's important to stay active in ways that appeal to you or you're more likely to give up. And the best type of physical activity is the one you'll keep doing. Use this flowchart to help you discover which activities were made for you.



Go-Getter

You're competitive and a high achiever. You might enjoy continuing to challenge yourself by trying something new.

Examples:

Train for a 5k or marathon, organize a neighborhood field day, or up your game with a boot camp

Goal-Oriented

You like checking things off your to-do list. Stick to scheduled activities each week and give yourself options so you can pencil in activity when you can or when you feel like it.

Examples:

Take weekly fitness classes, schedule gym time, or regularly walk in your neighborhood

Free Bird

Having freedom and lots of choices is the most important thing for you. If you switch up your activities, try to exercise at the same time every day to make it a habit.

Examples:

Practice yoga, jog, walk, swim, or cycle

Nature Lover

The great outdoors is your happy place. That's good news because there are plenty of fun outdoor activities that can double as exercise.

Examples:

Walk, jog, bike, swim, jump rope, hike, garden

Social Butterfly

You like being around people—make exercise a fun excuse to see your friends or make new ones.

Examples:

Join a sports league, schedule walks with friends, or take a group exercise class

