

## Part 1 - Choosing Exercise to Fit Your Personality

Start by answering these 2 questions:

1. Which sounds worse to you? Going to a party where you know almost nobody, or spending the evening by yourself?

- a. Going to the party. I'd much rather be alone!
- b. Being by myself. I'd much rather be partying!

2. When you lose at a game, what best describes you?

- a. I can't stand it. People have called me a sore loser. I might or might not agree.
- b. I don't care. I like that others feel good when they win.

**Key:** 1 - a. You are more introverted  
1 - b. You are more extroverted  
2 - a. You are more competitive  
2 - b. You are more cooperative

This isn't a perfect test, but will help you choose exercises you will more likely enjoy, and therefore be more likely to do consistently!

# Introverted, Competitive, Results-oriented

## The Go-Getter



You are someone who enjoys time to yourself and will likely see exercise as a good way to escape.

Because of this, you will want to choose exercises that allow you time alone.

Running, weightlifting, or a combination like P90X will be a good match.

Individual sports like tennis, racquetball, cycling or swimming may also be a good fit.

Going to the gym may not be your favorite, so a home-based routine may work well.

To use your competitive nature to your advantage, make sure you're tracking your progress. You can compete against yourself this way, or join groups through apps like MyFitnessPal to compete against others.

Setting a goal to train for an event, like a marathon, triathlon, or weightlifting competition will also keep you motivated by tapping into your competitive nature.

Stay away from things like yoga or dance, as their lack of structure and measurable results will likely drive you crazy!

# Introverted, Cooperative

## The Peacemaker



You are someone who enjoys time to yourself and will likely see exercise as a good way to escape.

Because of this, you will want to choose exercises that allow you time alone.

Your cooperative nature will make more expressive and relaxing forms of exercise more appealing.

Yoga, dance, walking or jogging can give you space to clear your mind and express yourself.

If you enjoy the feeling of breaking a sweat, running, weightlifting, swimming, paddle boarding or a combination like P90X could be a good match.

The key for you will be to find exercise that helps you remove stress and feel more peaceful afterwards.

Going to the gym may not be your favorite, so a home-based routine may work well.

That said, going with one friend may give you a good balance of accountability without being overwhelmed by too many people, like a group or class.

# Extroverted, Competitive, Results-oriented

## The Team Captain



You are someone who enjoys and gets energy from time with others.

Because of this, you will want to choose exercises that give you time with others.

Running, weightlifting, or a combination like Crossfit can work if you do it with others.

Training for an event with a group may be the best fit for your personality type.

A Ragnar, Mud Run, or something like Team in Training (training for triathlons with a team to support cancer research) will match your competitive, results-oriented spirit with your desire to be with others.

Partner sports like doubles tennis, doubles racquetball, beach volleyball will be a good fit.

Any team sport will also be a great fit. Baseball, basketball, football, softball, you name it. If this is your personality style, you've probably played some sports growing up. Reconnect with those. You can find groups playing a sport you like through city leagues, or online.

Going to the gym with other people probably gives you energy, so a home-based workout may not be the best for you.

To use your competitive nature to your advantage, make sure you're tracking your progress. Join groups through apps like MyFitnessPal to compete against others.

Yoga with others may be fun, but may bother you after a while because of your competitive spirit.

# Extroverted, Cooperative

The Socialite



You are someone who enjoys and gets energy from time with others.

You enjoy being the life of the party and exercise sounds like a good chance to have fun with friends.

Group classes like yoga, spin, or even rock climbing will be a great fit for you. Getting onto a You can get your workout in while you have fun with your classmates.

Training for a fun group event, like a color run, Mud Run, running with the bulls, will get you exercising with friends while anticipating a great memory.

Another good option is something like Team in Training (training for triathlons with a team to support cancer research) which will tap into your cooperative spirit to help those in need.

Going to the gym with other people probably gives you energy, so a home-based workout may not be the best for you.