

What's YOUR Fitness Personality?

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Let's be honest... while most of us find the idea of being fit and leading an active lifestyle appealing, few of us actually put in the time and effort to making it happen. No more! Get ready to incorporate fitness into your life, choose exercises/activities that are right for you and best of all, stick to your fitness regime.

First, let's assess your "**fitness persona**" and find out which programs/activities most reflect your personality.

1) When it comes to prioritizing exercise, is it:

- A. Essential
- B. Optional
- C. Avoidable at all costs

2) Would you describe your energy level as:

- A. Hyperactive jellybean
- B. Fairly Balanced
- C. Low (and Loving it)

3) Do some of your hobbies already include physical activity?

- A. Absolutely
- B. Some but not all
- C. Not really

4) Which of these activities most appeals to you?

- A. 60 minutes of cardio-kickboxing
- B. Playing a pick-up basketball game
- C. Sitting on the couch and relaxing

Mostly A's:

You're an Energizer Bunny!

You've got energy to burn, so put it to good use! Here are some activities for your high-energy personality:

1. **Dragonboating.** This activity combines a good workout for all experience levels. Check out <http://www.lively-dragon.com> for more info
2. **Rock Climbing.** This intense workout is good solo or in a group! Belaying school is offered at the McMaster climbing wall in the Pulse for beginners or check out Hamilton's Gravity Climbing Gym (<http://www.gravityclimbinggym.com>)
3. **Martial Arts.** Combine precision with self-defense. McMaster offers several great classes that can be found at:
<http://www.athrec.mcmaster.ca/instructional/index.htm>

Mostly B's:

Here's to Taking it in Stride!

Your attitude about fitness is more laid back – you want to incorporate fitness into your life, but you enjoy a healthy balance between physical activity and downtime. Check out these activities:

1. **Intramurals.** McMaster has a variety of sports options including dodgeball, cricket and basketball, which have a great mix of experienced and non-experienced players.
2. **Dance Classes.** What better way to “shake what your momma gave ya” than by learning how to do it in style?
3. **Hiking.** The Hamilton area has plenty of beautiful hiking trails that are just waiting to be explored. Lace up your running shoes and get out there!

Mostly C's:

You Would (If You Could) Bring Your Couch with You

Does exercising sound as appealing to you as going to the dentist for a filling? Try these alternative activities to incorporate some physical activity into your day.

1. **Power-walking** at the Track. It's fun and FREE for Mac students, plus you'll be able to count your progress every time you round the bend!
2. **Dance Dance Revolution (DDR) and Wii games.** These can be a great cardio workout and lots of fun.
3. **Exercise Ball.** Sitting on an exercise ball or Bosu ball while watching TV or typing can help improve your posture and strengthen your core muscles!

Yes, it's that simple!

You can fit in fitness:

Just minutes a day. Short bursts of intense exercise 2-3 times a day (e.g. 10 minutes of running, speed-walking, or hill-walking) can provide just as much benefit for your heart and lungs as longer workouts.

Be realistic and schedule it in! Rationally decide on the amount of time you can allocate (per day/week) to exercising/fitness and make time for it. This will help you choose activities that work for you and also give you a plan for making it happen!

Have fun. Being active does not have to be a chore if you incorporate your interests and hobbies. Make a list of exercises/activities/programs that are most appealing and include these into your fitness regime first. This can help you attain any of your fitness resolutions!