What’s Your Exercise Type?

Take this quiz and find out

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You are more likely to stick with an exercise regimen if you enjoy it. To find out which activities best suit you, circle the answers below.

1. I enjoy physical activities that:
a. Are competitive and fast-paced
b. Give me solitude
c. Challenge me mentally and physically
d. Combine recreation and socializing
e. Involve flipping channels with the remote

2. I like to feel:
a. The burn
b. Strong and energized
c. Peaceful
d. The beat
e. The couch

3. I like to work out:
a. In competition with others
b. By myself
c. In small groups
d. With an instructor
e. My chewing muscles

4. My favorite workout soundtrack is:
a. “I Sweat”
b. “Chariots of Fire”
c. Chanting
d. African beats
e. The beep of the microwave.

ANSWER KEY

Tally up your a’s, b’s, c’s, d’s and e’s to find out your type.

Mostly a’s: Driven Type A High-intensity cardio activities like boxing or kickboxing will keep you challenged and motivated. Mix it up on alternate days with weight training.

Mostly b’s: Self-Motivated Soloist. Try individual cardiovascular exercises like running, speed-walking and swimming. Then round out your workout with Tai Chi, a Chinese practice that stretches and strengthens through slow movements.

Mostly c’s: Mindful Exerciser. Try Vinyasa, a style of yoga in which you move fluidly from pose to pose or a Pilates mat class, for intense core strengthening.

Mostly d’s: Dancercizer. Try African dance or Capoiera—an Afro-Brazilian martial art performed to drumming—for an energetic, heart-and-soul workout.

Mostly e’s: Gentle Beginner. Try Hatha-style yoga to gradually increase your flexibility and build a fitness foundation. Or walk. Exercise with others for fun and to make it harder to blow off a session.

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