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The secret to staying fit? Knowing which exercises are best suited to your character traits. Take our quiz and discover your fitness personality

Perhaps the only thing more challenging than getting in shape is staying in shape. “Most of us think that using the right machine or following a certain workout is what will keep us fit,” says Suzanne Brue, a Myers-Briggs personality assessment specialist in Burlington, Vt., and author of *The 8 Colors of Fitness* (2008). “In reality, doing any activity that doesn't suite who your are at your core will feel like a chore—and you won't stick to a consistent routine.” Brue argues that in order to stay fit, you need to consider your personality when selecting a workout regimen. For example, if you're an adventurous type who comes alive outside, you're better off trail running than using a rowing machines. And if you are an independent soul who likes having time for quiet contemplation, you'll probably prefer yoga to a high-energy aerobics class. “Being active is in our DNA,” says Brue. “Once you find the right activity for you, exercising stops being something on your to-do list and becomes an opportunity to feel engaged, stimulated and motivated.” To discover your fitness “color,” take the personality quiz on the next page (or here online)—then read on to find the exercises that'll help you stay fit for life.