

Keeping Active Quiz

Does exercise bore you? Is it a struggle to get motivated? You may be choosing the wrong keep fit regime! Try this simple quiz to work out your workout personality.

1. When I think about physical activity, I:

- a) Can't wait to put on my walking shoes
- b) Really want to exercise but need a push
- c) Dread the idea of moving a muscle, but am happy once I get moving.

2. When I am physically active, I enjoy exercising:

- a) By myself at my own pace
- b) With a team or group
- c) With one or two buddies

3. I exercise because:

- a) I want to stay in shape, slim down, or improve my health
- b) I want to see my friends and catch up on the latest news
- c) The weather is nice or I just feel like it

4. When I take part in a physical activity, I usually:

- a) Plan the event ahead of time
- b) Participate when someone else has set up the activity or attend a class
- c) Pull it together quickly and do something active when the mood strikes

5. Others see me as:

- a) A leader
- b) A team player
- c) Someone who goes along with a good idea

6. I enjoy physical activities that are:

- a) Set by my own routine
- b) Set by a professional, teacher, or group
- c) Spontaneous

For every answer, give yourself:

- a = 1 point
- b = 2 points
- c = 3 points

If you scored:

- 6-9 points: you are a self-motivator
- 10-14 points: you are a team player
- 15-18 points: you are spontaneous

Read on to learn more!

Self-Motivator

You like structure and organization. Creating and sticking to your own exercise plan is relatively easy, but you may find yourself losing interest in your usual routine. Try adding a few new activities such as biking, rowing, gardening, or hiking. Or try alternating your favorite workouts such as walking, swimming, and weightlifting on different days of the week.

Team Player

To you, exercise is a way to socialize and stay connected to friends and family. Group activities and classes are a natural selection for you. Sign up for an exercise class; put together a group of friends for walking; or join a team sport or sports league such as bowling, softball, or doubles tennis.

Spontaneous

You love freedom and loathe conforming to rigid rules. Things that get you moving might include a call from friends who need a fourth player for a round of golf, a hike in the woods to enjoy a beautiful autumn day, or a walk to the shops when you are out of milk. These activities are great, but make sure you're doing something active on most days.

Quiz courtesy of the American Institute for Cancer Research – find more of their quizzes on their [website](#).

If you would like help with exercise in Derbyshire, visit Active Derbyshire: www.activederbyshire.co.uk