

What Is the Best Type of Exercise for You?

Answer each question with a Yes, No, or In between. Then tally the points for each section. Once you've answered all the questions, find your highest total among the six categories in the quiz. The area with your highest score is your personality match and motivator for exercising.

ACHIEVEMENT

- | Yes | In between | No | |
|----------------------------|----------------------------|----------------------------|--|
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I like setting challenging goals and trying to achieve them. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I challenge myself to do better in all areas of my life. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I work best when I set tough but realistic goals for myself. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I believe I need to set clear goals to have a successful life. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I don't believe in the concept of failure. |

Total

STRESS MANAGEMENT

- | Yes | In between | No | |
|----------------------------|----------------------------|----------------------------|--|
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | My work is very stressful. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | There have been a lot of changes in my life in the past 12 months. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | My life rarely feels even and relaxed. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I have to cope with a lot of pressure on a daily basis. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | In the past year I have felt "burned out" by stress. |

Total

SELF-ESTEEM

- | Yes | In between | No | |
|----------------------------|----------------------------|----------------------------|---|
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | When I compare myself to others, I get the feeling they are somehow better than I am. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I get upset with myself when I make mistakes. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I have a hard time accepting myself as I am. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | If I could be anyone in the world, I would choose to be someone other than myself. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I don't seem to say or do very much that is worthwhile. |

Total

SEARCH FOR MEANING

- | Yes | In between | No | |
|----------------------------|----------------------------|----------------------------|---|
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I feel something important is missing in my life. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I often wonder what my life is all about. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | When I take time to reflect, I feel troubled by the shallowness of my lifestyle. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | There seems to be a deeper purpose to life that I have difficulty connecting to. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I sometimes fear that as my life is ending I will realize I have completely missed the point. |

Total

MOOD AND TENSION

- | Yes | In between | No | |
|----------------------------|----------------------------|----------------------------|--|
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I am an anxious person. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I suffer from feeling blue or depressed. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | My body feels tense a lot of the time. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | People who know me think I'm a moody person. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I worry a lot. |

Total

PLAYFULNESS

- | Yes | In between | No | |
|----------------------------|----------------------------|----------------------------|---|
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I consider myself to be a playful person. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | People tell me I am fun to be around. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I like to play games and sports just for the fun of it. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | My sense of humor is one of my most valued assets. |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 0 | I have an easy time getting into a playful spirit. |

Total

If your highest score is **ACHIEVEMENT**

Personality type: type A

Your focus: setting and achieving worthwhile goals

Look for: a personal challenge

You'll enjoy: challenging activities with clear and measurable outcomes, such as track events, golf, rock climbing, weight training, lap swimming, alpine skiing, curling, and power walking

You probably won't enjoy: activities in which standards are vague or performance is unevaluated, such as aerobics, calisthenics, leisure swimming

If your highest score is **STRESS MANAGEMENT**

Personality type: type C

Your focus: reducing stress level—feeling will be more at ease

Look for: a chance to take “time out” and create body/mind release

You'll enjoy: regular, aerobic activities that distract or control the mind, such as running, circuit training, aerobics, skating, and synchronized swimming

You probably won't enjoy: anaerobic activities, activities that permit mental worry or that resemble life's stress, such as racquet sports, body building, and highly competitive team sports, including football, baseball, and basketball

If your highest score is **SELF-ESTEEM**

Personality type: type B

Your focus: feeling better about yourself

Look for: realistic and achievable goals

You'll enjoy: activities during which *you* set the standards and just show up, such as walking, time-limited running, swimming, stationary cycling, rowing, aerobics classes, and jogging

You probably won't enjoy: activities with built-in performance standards or comparisons, such as ballet, golf, racquet sports, badminton, tennis, and handball

If your highest score is **SEARCH FOR MEANING**

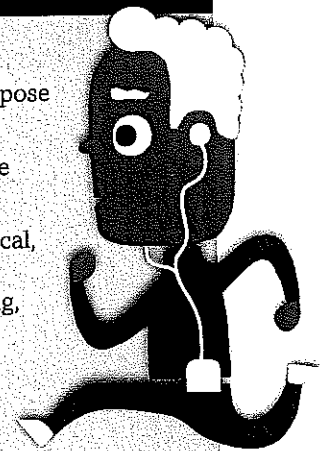
Personality type: type B

Your focus: experiencing a sense of purpose and meaning in life

Look for: an opportunity for an intensive inner journey

You'll enjoy: activities that are rhythmical, repetitive, and inner-directed, such as long-distance running, cycling, swimming, mountaineering, and canoeing

You probably won't enjoy: activities such as racquet sports, golf, and body building



If your highest score is **MOOD AND TENSION**

Personality type: type C

Your focus: controlling your moods and easing tension

Look for: activities that offer tension relief and stimulate positive feelings

You'll enjoy: continuous movement, aerobic exercise, oxygen-fueled activities, such as running, swimming, speed walking, and aerobics

You probably won't enjoy: activities that permit mental worry or that resemble life's stress, such as racquet sports, body building, and highly competitive team sports, including football, baseball, and basketball

If your highest score is **PLAYFULNESS**

Personality type: type B

Your focus: having fun and encouraging your playful spirit

Look for: non-goal-oriented, expressive, and spontaneous movements

You'll enjoy: activities that are gamelike or that encourage self-expression, such as team sports, “friendly” volleyball, badminton, horseshoes, shuffleboard, skating, Frisbee, and hula hoop

You probably won't enjoy: repetitive, rule-bound, or performance-oriented activities, such as stationary cycling, running on a treadmill, and running in place

Quiz adapted from *The Exercise Habit*, by James Gavin, Ph.D.

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