

What's Best for You?

Not sure what your exercise personality is? We're here to help. You can take the quiz on our Web site at www.weeklyreader.com/getupandgo to find out which of the 16 combinations below is most like you. Or, if you already know your exercise type, check this chart for activity ideas. You might find a new favorite!

	Group Unstructured	Group Structured	Solo Unstructured	Solo Structured
Casual Competitive	<ul style="list-style-type: none"> intramural sports (kickball, flag football, and badminton) softball leagues 	<ul style="list-style-type: none"> table tennis wiffle ball 	<ul style="list-style-type: none"> road racing (running or cycling) rock climbing orienteering letterboxing 	<ul style="list-style-type: none"> weight training running
Casual Recreational	<ul style="list-style-type: none"> playground games tossing a Frisbee hiking with friends 	<ul style="list-style-type: none"> aerobics classes spinning classes yoga calisthenics 	<ul style="list-style-type: none"> walking cycling dancing gardening hiking trail running 	<ul style="list-style-type: none"> strength training/body sculpting video/DVD workouts elliptical machines or stair climbers Pilates running laps ice-skating
Skilled Competitive	<ul style="list-style-type: none"> team sports, such as basketball, hockey, and rugby tennis racquetball 	<ul style="list-style-type: none"> competitive cheerleading ice-skating teams pairs/competitive dancing (swing, salsa, ballroom, Bollywood-style) relay races (running, swimming) 	<ul style="list-style-type: none"> tennis golf tetherball handball racquetball ice-skating in-line skating surfing skiing skateboarding 	<ul style="list-style-type: none"> diving track and field gymnastics competitive ice-skating swimming (individual races)
Skilled Recreational	<ul style="list-style-type: none"> dance classes (ballet, jazz, Irish, African, modern) martial arts 	<ul style="list-style-type: none"> sports cheerleading aqua aerobics synchronized swimming 	<ul style="list-style-type: none"> dancing trail running cycling circuit training 	<ul style="list-style-type: none"> swimming sports drills (serving, batting, dribbling)