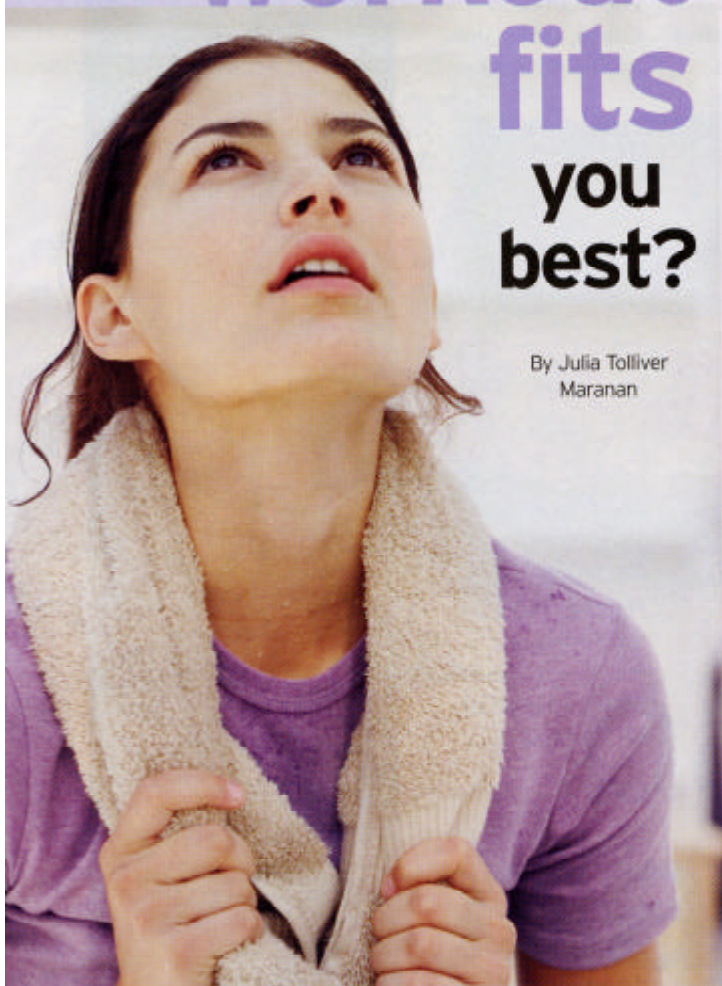


which workout fits you best?

By Julia Tolliver
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IF WORKING OUT seems like a chore you can't wait to cross off your list, reassess your game plan. Rather than head to the treadmill out of habit, use this short quiz to identify your key personality traits and choose activities that mesh with who you are. Don't limit yourself to our list—occasionally going against the grain has benefits, says Jim Taylor, PhD, a San Francisco-based sports psychologist and coauthor of *The Triathlete's Guide to Mental Training* (forthcoming from VeloPress). "It's always good to challenge yourself and try different things. You might find you enjoy an activity that doesn't come naturally to you," he points out. Choose the ending to each sentence that most accurately describes you.

1. In a long checkout line at the supermarket, you

- A. look for a shorter line.
- B. chat with the person behind you.
- C. take the extra time to look at magazines.
- D. think about the to-dos you'll tackle when you get home.

2. On your lunch break, you typically

- A. skim the paper while talking to your sister on the phone.
- B. join coworkers in the lunchroom.
- C. reserve 15 minutes for something relaxing, like a short stroll or meditation.
- D. run a few errands and pick up lunch while you're out.

3. When a friend gripes about an argument she had with her boss, you

- A. alternately listen and replay a recent conversation with your mom.
- B. ask questions and contribute your thoughts.
- C. listen calmly.
- D. devise a plan of action.

4. Your ideal vacation would be

- A. exploring a big city.
- B. a cruise with your friends.
- C. a week spent reading on the beach.
- D. hiking, biking, or white-water rafting.

5. When you have a free evening, you take the opportunity to

- A. watch a movie or go shopping.
- B. plan a night out with friends.
- C. take a bubble bath.
- D. tackle the closet you've been meaning to organize.

6. If you host a dinner party, you

- A. make it a potluck so you can sample several new dishes.
- B. focus on conversation rather than replenishing the food supply.
- C. light some candles and set out food from your favorite restaurant.
- D. send handmade invitations and spend all day cooking and cleaning.

7. Your favorite book is

- A. a collection of short stories.
- B. whatever your book club is reading this month.
- C. *The Art of Happiness* by the Dalai Lama.
- D. Reader's Digest's *How to Fix Just About Anything*.

Mostly As:

Short Attention Span

If you get distracted easily or don't like waiting, interval training (moderate exercise interspersed with short bursts of intense activity) and weight-lifting circuits are your best bet. Or split up your cardio into 10- or 15-minute blocks at the treadmill, stationary bike, and elliptical trainer.



Mostly Bs:

Social

People who need people should try classes like aerobics, kickboxing, or spinning that allow for interaction. Or arrange to work out with a friend or a personal trainer who can push you or show you new moves while you chat.

Mostly Cs:

Mellow

Mellow doesn't mean wimpy. Treat yourself to a yoga class with a soothing atmosphere that will calm your soul while seriously challenging your strength and flexibility.

You may also favor endurance training in the weight room, performing more sets of reps with a lower weight.



Mostly Ds:

High-Energy

If you've got energy to burn, check out a spinning or funk-dancing class with loud music and a high level of exertion. When strength-training, choose the heaviest weights you can handle with proper form and do fewer reps.

Julia Tolliver Maranan is a Boston-based fitness writer.