

DISCOVER YOUR FITNESS PERSONALITY

and choose an activity that suits your character

If you completed the 'move' quiz in the previous issue of *Bounce*, you'll know whether your activity levels need a boost – or if your fitness routine is already doing the trick. Either way, trying a new type of exercise can change things up and put the fun back into working up a sweat. The key is to find the workout that works best for you. Do you prefer a group gym session or a solo run in nature? Are you keen to try new routines or stick to what you know? Find out what makes you tick – and match that with your choice of exercise.



Adapted from: <http://www.besthealthmag.ca/best-you/fitness/quiz-what-is-your-fitness-personality/view-all/>

Your dream job would be

- A)** Having to travel and entertain often.
- B)** A comfortable position with a reputable, stable company.
- C)** A supportive role with like-minded people.
- D)** As the boss of a dynamic start-up.

Your exercise history shows you

- A)** Have always been active, but not always consistently.
- B)** Choose to stick to routines and fitness activities for extended periods of time.
- C)** Would feel guilty if you ditched a sports practise session because your team needs you.
- D)** Approach fitness with single-minded determination.

Your colleagues would describe you as

- A)** An energetic, sunny-natured person who finds the positive in everything.
- B)** The calm, rational type who prefers taking ownership of

particular projects.

- C)** Very fair-minded and willing to compromise on most things so that everyone benefits.
- D)** Hard-headed, determined, focused and ambitious.

If you think about it, your primary fitness goal is

- A)** Adding a new experience to your routine – and meeting new people at the same time. You're always keen to try the latest gym class or embrace a new fitness fad.
- B)** It's all about de-stressing after a hectic day – or kickstarting your morning with an endorphin boost.
- C)** You're keen to lose a bit of weight and get in shape, but you aren't particularly committed to one goal. It's more about getting together with others for a game of hockey or a team run.
- D)** Clearly defined and meticulously recorded. PBs and medals feature high on your priority list – and you push your sporting boundaries daily.

After a rough day, you're most likely to

- A)** Kick off your shoes, do a spot of online shopping or binge-watch a comedy series.
- B)** Enjoy the sunset before savouring a leisurely evening meal. You don't get too upset by difficult days – you concentrate on the good ones.
- C)** Have a long chat with your partner or close friends, asking for advice and encouragement.
- D)** Feel confident tomorrow will be different. You'll put in extra effort and you'll reap the rewards.

Aspects of working out you most enjoy are

- A)** The feelgood buzz you get after breaking a sweat.
- B)** Knowing you're improving your health and taking active steps to improve your mental wellbeing.
- C)** Time spent with your sporting mates. Camaraderie goes a long way when your muscles are aching.
- D)** The inner voice that keeps you motivated.

Mostly As

YOU'RE A LIVEWIRE

You're the ultimate fun-lover and are motivated to exercise if it promises some entertainment. Chances are you're probably a bit impulsive and free-spirited – and find it tricky to stick to an exercise schedule. Perhaps you've tried working out for a week or two – and then get distracted by socialising.

Best exercise solution:

The new Zumba class at your gym, getting into the boxing ring or raising your heart rate with a few Wii games.

Mostly Bs

YOU'RE NON-COMPETITIVE

Winning is not your top priority. You're far more interested in knowing everyone around you is doing okay – you're happy to offer encouragement when you see others floundering. The downside is that you might not challenge yourself when it comes to your fitness goals.

Best exercise solution:

Swimming, yoga and pilates are great options if you're looking for an holistic approach to exercise.

Mostly Cs

YOU'RE A TEAM PLAYER

You are comfortable in your skin but you realise you perform better at everyday life when you are part of a supportive team. While you have no desire to be the dominant person at home or at work, you do like to be respected. You operate better when you have clear objectives and a sensible plan to follow.

Best exercise solution:

Joining a club – whether it's hockey, touch rugby, netball or sailing. Bootcamp is another option. You'll enjoy the camaraderie and the fact that everyone around you is also feeling the burn.

Mostly Ds

YOU'RE A SOLO ATHLETE

You enjoy the process of setting goals and mapping out appropriate steps to reach them. Competing is key – you get a buzz from monitoring your progress and pitting your athleticism against others. You're also disciplined and self-motivated, so you don't need a buddy or group activity to keep you moving.

Best exercise solution:

Challenge yourself by entering a race or competition that really stretches your endurance and speed, whether you're a surfer, a marathon runner or a cyclist.

REAP THE HEALTH BENEFITS OF BEING ACTIVE

Aim for

**150
MINUTES
A WEEK**

(2 hours and 30 minutes)

of moderate-intensity, or

**75 MINUTES
A WEEK**

(1 hour and 15 minutes)

of vigorous-intensity aerobic activity

Aerobic exercise is any physical activity (think running, skipping, cycling, rowing, playing soccer) that makes you sweat, makes you breathe harder and gets your heart beating faster than at rest. Aerobic exercise should be done continuously for at least 10 minutes.

Aim for

**2 DAYS
A WEEK**

of an aerobic exercise

Anaerobic exercise (think lifting weights) means you're working at such a high level of intensity that your cardiovascular system can't deliver oxygen to your muscles fast enough. Because your muscles need oxygen to continue exercising, anaerobic exercises only last for short periods of time.



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