

What's Your Active Life Profile?

Maintaining an active life is important to your digestive health. Even if you have never exercised before, you can create an exercise or activity program that you will enjoy and stick to. Take the Active Life Profile Quiz to find your personal active life profile and then build a workable program that you will enjoy.

I like to: (Check all that apply)

- 1. Take walks outdoors
- 2. Work out at the gym
- 3. Ride a bike
- 4. Run/jog
- 5. Dance
- 6. Take a yoga class
- 7. Box/wrestle/tae kwon do
- 8. Garden
- 9. Take a pilates class
- 10. Ice or roller skate
- 11. Rock climb
- 12. Play a team sport (baseball, hockey, football, lacrosse, etc.)
- 13. Play a personal sport (tennis, horseback riding, golf, archery, etc.)
- 14. Work out alone
- 15. Work out with a partner or trainer or participate in a team activity
- 16. Set exercise goals and exceed them
- 17. Enjoy activities that can serve as my exercise, like gardening, stair climbing, long walks
- 18. Try new activities that stretch my abilities
- 19. Find an activity or exercise routine that I like and will stick with
- 20. Constantly reset and upgrade my physical exercise goals

Check below to find out your exercise personality.

8,13,14 or 17	Individualist
5,9,12 or 15	Joiner
12,16 or 18	Competitor