DO YOU LOVE TO BE OUTDOORS?

NO

I appreciate the great outdoors in the view from my window.

Do you prefer group or independent activities?

I prefer to exercise solo.

What are your feelings on gyms?

I can't stand them.

YOUR FIT: HOME WORKOUTS

Luckily, you don't need much to get a sweat on. A few hand weights, some workout DVDs or YouTube videos, and you can get moving.

I find them motivating and like all the equipment options.

YOUR FIT: A PERSONAL TRAINER

Invest in some instruction from a professional, then get started on your personalized workout plan to reap the best results at the gym.

I feed off other people's energy.

Are you competitive?

I've been known to get a little heated during board games.

YOUR FIT: TEAM ACTIVITIES

Sign up for ball hockey, dodgeball or team boot camp. You'll be motivated by the opportunity to kick some butt.

No, I'm just in it for the fun of it.

What kind of music do you like?

I like anything with a beat.

YOUR FIT: A GROUP FITNESS CLASS

Whether it's spin or Tabata, a class is a great place to bring or meet a friend. And if you've got moves, you'll love a dance class (think Zumba).

I like a soft melody, or even no music.

YOUR FIT: YOGA

Take it slow with some asanas that will strengthen your muscles and improve flexibility. You'll leave class relaxed and refreshed.

YES

I feel more alive when I'm in nature.

What did you like to do as a kid?

I could often be found with my nose in a book.

YOUR FIT: WALKING OR HIKING

You'll enjoy exploring new places and thinking about your day—while getting a little exercise.

I chased my dog/brother around for hours.

Do you enjoy the company of a workout buddy?

Yes, I need the support of another person.

YOUR FIT: A RUNNING GROUP

With a running group, you'll enjoy the great outdoors with a team of supporters. You're likely to find at least one at your skill level.

No, I like the alone time.

YOUR FIT: JOGGING

When you go for a run, you'll spend time with nature and your thoughts, while burning all kinds of calories.

I was always doing things that made my mom nervous and often resulted in scrapes and bruises.

YOUR FIT: SKIING

You like the thrill of a little danger. Skiing will get your heart rate up and help you stay strong and flexible.

I loved to go bike riding.

YOUR FIT: CYCLING

You loved riding as a kid, and you'll still love that cardio workout today.