

# 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)

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

Give yourself a point for each box you checked to find out the type of exerciser you are.

15 to 20 Points	Active Exerciser
10 to 15 Points	Casual Exerciser
<10 Points	Occasional Exerciser

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