

Find Your Movement Type

Supports: Block — Find Your Movement Type

Why It Matters

The best kind of exercise is not the one that burns the most calories — it is the one you will keep doing. People stick with movement they enjoy, that fits their body, and that works with their schedule and personality. If past attempts at exercise have not lasted, it may not be a willpower problem; it may be a fit problem. Finding your movement type turns exercise from a chore into something you actually look forward to.

What to Know

Questions that reveal your fit

- Do you prefer company or solitude? Try classes and walking groups, or solo walks and home workouts.
- Indoors or outdoors? Gardening and hiking, or living-room routines and the gym.
- Calm or energizing? Yoga, stretching, and walking, or dancing, cycling, and interval work.
- Structured or flexible? A set class time, or movement you fit in whenever it works.

Permission slip: You are allowed to quit an activity you dislike and try another. Enjoyment is not a bonus — it is what makes movement stick.

Try This

Match movement to who you are.

? Thinking about the questions above, what kind of movement sounds appealing to you?

? What is one activity you would like to try — or return to?
