

What's Your Fitness DNA?

Take a quick self-assessment and decide if you are making the most of your time and money when it comes to your fitness regimen.

- Am I working out consistently? Department of Health and Human Services recommends at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week.

 - Am I motivated to work out on my own?

 - Do I ENJOY my workouts? Even look forward to them?

 - Do I enjoy working out alone or with other people? i.e., Running v. Boot Camp

 - Am I getting a variety of physical activities and workouts?

 - How often do I check in at my gym/studio? (If less than twice a month, RED FLAG!)

 - Do I have an instructor or trainer I follow?

 - Do I frequently cancel/reschedule my training sessions?

 - What amenities and/or services am I using at my gym?

 - Do I use more than one area of the gym? (If you don't know HOW to use the machines + equipment, RED FLAG)

 - Do I take more than one class at the gym/studio?

 - Do I have multiple fitness memberships? If so, do I use them equally?

 - Am I seeing or tracking results of my workouts and/or overall goals?

 - Do I ever work out at home?

 - Have I purchased home fitness equipment and allowed it to go unused?

 - What physical activities FEEL like fun or PLAY? Jumping rope? Dancing? Check out <http://checkli.com/checklists/view/59f9f85c3f800>. The Fitness Play-List can drive what workouts most motivate you.

 - If you are not clear on most of these questions or hit an 'ah-ha' that you are wasting your money for no results...it's time to seek a new fitness program that suits YOUR Fitness DNA!
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