

Choosing the Right Exercise

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Corporate
Fitness
Works





**Before you
begin!**

Check with your
doctor before
starting any new
exercise routine.

We are unique!



There is no one-size fits all when it comes to exercise. Everyone has unique goals, interests, personalities, and resources.

Things to Consider



Goals



Interests



Personality



Resources

Goals

A fitness professional can help you establish and create goals. Do you have injuries or health markers, such as A1C, blood pressure, or cholesterol, that need to be improved? Do you want to lose fat, build muscle, or run faster?

It is important to have a mix of strength, cardiovascular, flexibility, and balance in your exercise routine.



Interests

What do you enjoy? Finding activities that you enjoy will ensure that you stick with it. It is important to choose activities that provide a good mix of fun and challenges. You may have to experiment and try several activities before you find the right fit.



Personality

Consider all aspects of your personality and lifestyle when choosing the right exercise. Do you prefer to work out solo or surrounded by people? Do you want to work out at home? Do you enjoy being part of a team? Are you competitive? Are you an early bird or a night owl? See references for a quiz to determine the best exercises for you based on your Myers-Briggs type.



Resources

Do you have the necessary resources? If you want to swim, do you have access to a pool? Can you fit the cost of a health club membership into your budget? Even with limited resources, there are many options for exercise.

Answering these questions can determine what type of exercises you incorporate into your routine.



Endless Possibilities

Weight Lifting
Swimming
Cycling
Walking
Running
Rowing
Crossfit
Bootcamp

Pickleball
Tennis
Soccer
Hockey
Football
Lacrosse
Basketball
Baseball

Group Exercise
Yoga
Pilates
Boxing
Martial Arts
Dancing
AND MORE!

References

The best kinds of exercise for each Myers-Briggs personality

<https://www.merckmanuals.com/home/fundamentals/exercise-and-fitness/choosing-the-right-exercise>

