

# What's Your Fitness Personality Like?

By

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All of us at some point have had to stand in line, maybe at the DMV, where you found yourself engaged in polite conversation with a complete stranger waiting in the same line. Ever thought about who initiated the topic of conversation and what it says about you or the stranger's personality. As quickly as maybe five minutes of interacting with the other person, you at least gained a general sense of what makes them who they are, and vice versa. At some point you may have even found yourself not contributing much to the conversation, and wishing the person would stop talking to you, or perhaps you found the individual's personality to your liking and therefore the conversation was welcomed.

Well believe it or not we as individuals also have what's called a fitness personality, which is not all that different from our innate personality. Visit any gym or group cardio session, or simply engage in a conversation about diet and working out with a coworker, and it won't take long to glean a general sense of the other person's fitness personality. And just like you don't get a real sense of someone's outward personality simply by looking at them, you also can't rely solely on what you see in gauging an individual's fitness personality. There are thin individuals who may at one point in their life been considered overweight, just as there are overweight individuals who may at some point in their life been considered thin. Does that mean in either instance the innate, fitness, or perhaps both personalities changed? Is that possible? Think of it this way, all of us are hard-wired to a certain extent. We all have our likes and dislikes that make us who we are. There are also certain aspects of our everyday personality that are more subject to change and compromise.

Medical or health reasons aside, what happens to make an overweight person decide to lose weight and become fit, or a lean and fit person fall into a pattern of weight gain and becoming less fit? And what about the individual who fluctuates between being fit and overweight? Research has shown that we as individuals often express through our fitness personality similar character traits that make up our more commonly referred to personality. For example; high achievers tend to approach their fitness goals the same as they approach their educational pursuits and career ambitions. If your personality leans more toward being carefree, sort of take-life-as-it-comes, where regimen and routine are not indicative of what makes you who you are; those character traits will tend to carry over to your fitness personality as well. So what does it all mean; perhaps the more we understand about ourselves and how we as individuals approach the various aspects of our lives, the better we're able to recognize the correlation between our innate and fitness personalities.

To better help you with conceptualizing your fitness personality, click on this [link](#) and take a few minutes to complete the fitness personality assessment. What you make of the results is entirely up to you.