1. In considering an exercise programme which of these benefits appeals to you the most?
   A. The chance to get fitter
   B. Chance to play a sport, it doesn’t matter which I just love sport
   C. Ability to challenge myself and gain new skills
   D. I want to look better, lose weight and tone up
   E. I want to do activities with my friends or meet new people
   F. I do not wish to take part in exercise at all

2. Which holiday would appeal to you the most?
   A. Fit camp with no distractions
   B. A sports holiday with unlimited access to sports coaching programmes
   C. A hike up Kilimanjaro
   D. A wellbeing and spa break
   E. A hen party in Ibiza
   F. None of the these

3. Which of these women do you admire most for their exercise style?
   A. Davina McCall
   B. Jessica Ennis
   C. Fearne Cotton
   D. Cheryl Cole
   E. Tulisa
   F. None

4. Which exercise clothing would you feel most at home in?
   A. Lycra leggings/ fitted t-shirt and fit flops
   B. Tracksuit and trainers
   C. Latest hi tech clothing from specialist performance brand and latest trainers
   D. Wouldn’t be seen dead in exercise clothing outside of the gym
   E. Latest hoodie and must have trainers that all the girls are wearing
   F. None of these

5. Which of these statements best describes you THE MOST?
   A. Fitness junkie
   B. Sports mad
   C. Give anything a go, I love a challenge and developing my skills
   D. Want to look the part – image matters
   E. One of the girls – part of the gang
   F. None of these

6. Which activity sessions appeals to you the most?
   A. Hard core boot camp
   B. A multisport programme – new sports each week
   C. Race for Life 5k/ triathlon
   D. Going to the gym
   E. Social team sport session such as back to netball
   F. None of these
If you picked... Mostly A's...

You are a fitness guru, disciplined and reliable. Once you find something that works, you stick with it and work hard at it. Exercise is a way of life; you take part with or without your playing partner, when time is restrictive or even if it’s belting down outside. You are confident with your physical ability and fitness, which enables you to push on with your desire to get fitter often on your own. But, you may be too reliant on your workout schedule, to the point where you rarely try new things for fear of seeing negative results or quitting. Challenge yourself and try something new this year, remember exercise is fun so bring the joy back into fitness.

If you picked... Mostly B's...

You are sporty, competitive with a winning mentality and enjoy taking part in sport. You have a natural ability to play most sports and loved PE at school. You are most comfortable in sports gear and enjoy playing as part of a team, although your competitive nature will have you challenge anybody to a one on one. Maybe this year try something new, a mental challenge as well as physical such as climbing, potholing or sailing.

If you picked... Mostly C's...

You are a free spirit when it comes to exercise, you enjoy giving any activity a go and love to challenge yourself. You enjoy exercise and the feeling of accomplishment once you have achieved you exercise goal. You are very determined and work hard to achieve a good level of competence in all activities you try. Whether it’s handball, yoga or a kickboxing class, choose something you enjoy and commit to doing it for the next 4 to 6 weeks to get yourself into the habit of exercising. This year, bring back the fun, grab a few friends together, and try a spin class or netball.

If you picked... Mostly D's...

You are a half hearted exerciser. If you could get away without exercising you probably would but you enjoy looking good, keeping toned and you have already paid your gym membership. How you look is very important to you. You do have a tendency to follow the latest fitness trends and you may also have a history of starting and quitting exercise programs without finding an activity that quite clicks for you. The great thing about you is that you never give up. You want to find something that works and that perseverance serves you well, even if it doesn’t always feel that way. To help you focus set yourself goals, even better get a few girl friends and set them together once achieved reward yourself with shopping!

If you picked... Mostly E's...

You are a social exerciser. You don’t take any form of regular exercise but occasionally take on the odd latest fitness trend when recommended by a friend. If are quite easily persuade to join-in and do enjoy exercise when someone can motivate you to get started. The opportunity to meet up with your friends or meet new people is the main reason for you to occasionally put on your trainers. As the social aspect is so important try joining a club, football, netball, running, most of these kinds of clubs have scheduled workouts you need to show up for, with the support of other members, it may help to get you moving. You might also enjoy training for a future race or event with a group. Having something to work for may also keep you motivated. While the gym may be a bit regimented for you, most clubs offer a variety of group fitness classes that may appeal to your need to have fun while you exercise. You might prefer circuit training, which moves quickly and keeps you on your toes, or classes that combine activities like cardio and strength training. You might also enjoy taking dance lessons.

If you picked... Mostly F's...

Don’t forget ... exercise comes in all shapes and sizes and so do people, whether you feel there’s no activity you would enjoy or are embarrassed about getting sweaty or failing, it’s time to push your boundaries. There are so many opportunities to try activities, simply go for a walk or join in some women only classes. Remember there are other people that feel exactly the same as you. Take one step at a time, get a mate and try a fun dance class or fitness class where there is an instructor to talk you through the moves.