

Choosing the Right Fitness Activity for You

There are many different kinds of fitness activities and many ways in which physical activity can be incorporated into every day life. Choosing the right fitness activity for you depends on your:

- likes and dislikes,
- type of lifestyle,
- fitness goals, and
- current state of health and fitness.

Evaluating these things will help you to work out which fitness activities are going to be enjoyable, fit your lifestyle and achieve your fitness goals. It will also help you work out which fitness activities are unlikely to suit you or be sustainable.

There are 5 main types of fitness activities which can be incorporated into people's every day lives in different ways. These include:

- gym workouts
- group exercise classes
- team sports
- individual sports
- home fitness workouts

To define even further the right fitness activity for you it is a good idea to consider the advantages and disadvantages of each of these. For example:

- Do you like exercising alone or do you like group activities and/or team sports?
- Do you like having fitness activities scheduled for particular times – eg, set group class times or team training sessions – or would you prefer to exercise when you feel like it or when you can fit it in?
- Do you like to go to fitness activities with a friend but prefer to exercise by yourself once you get there?
- Do you need to consider the cost of physical activity - eg, home gym equipment, gym membership fees, team sporting fees?
- Do you like to do the same fitness activity a lot or do you like to do a variety of different activities?
- Do you need to do particular exercises or avoid other exercises for health or medical reasons?

Considering these issues will help you work out more specifically the right kind of fitness activity or activities for you. You may need to consult your general practitioner and a Hyperactive personal fitness trainer.

Think it through, get started and then keep active.