

Fit & Lean in 2014

4.2: Fitness Self-Assessment

1. What's your level of cardio endurance?
 - a) I don't exercise aerobically
 - b) Less than 5 minutes
 - c) Between 5 and 20 minutes
 - d) More than 20 minutes
2. What's your experience with strength training?
 - a) I've never lifted weights
 - b) I've lifted weights before but not recently
 - c) I'm familiar with weight training concepts and exercises and currently lift weights
 - d) I've been lifting weights for more than 6 months
3. What's your level of flexibility?
 - a) I never stretch
 - b) I sometimes stretch, but I don't follow a regular routine
 - c) I stretch after every workout
 - d) I stretch after every workout and regularly do yoga and/or pilates
4. How often do you currently exercise?
 - a) I don't
 - b) Once or twice a week
 - c) 2-3 times a week
 - d) More than 3 times a week
5. What equipment or resources do you have available?
 - a) None
 - b) I have a few dumbbells at home
 - c) I have a home gym with cardio and strength equipment
 - d) I have access to a gym and I have equipment at home
6. What do you struggle with most when it comes to exercise?
 - a) I don't know how to reach my goals
 - b) I know what to do but can't seem to stick with it
 - c) I've seen results, but I'm not where I want to be
 - d) I exercise regularly but need a challenge, both mentally and physically

Mainly A's & Bs = Novice/Beginner. You may be feeling overwhelmed with the idea of starting a program but you can do this! Start slowly and build gradually. If 30 minutes of aerobic activity at a time is too much for you, start with 10 minutes and build from there. Any activity is better than none at all so let's get started!

Mainly C's = Intermediate. You have some experience with exercise - perhaps you hit the gym once or twice a week and do some light strength training at home. You have a good grasp of the fundamentals so this is the time to push yourself to the next level. Increase the length and intensity of your workouts to give yourself more of a challenge.

Mainly D's = Expert. You are already participating in a regular fitness program and doing well. Perhaps things are starting to get stale and you are feeling bored? Why not set a fitness goal for yourself to work towards? What about a marathon? Or a triathlon? Maybe it's time to switch from a running routine into a new activity like cycling, which can work a whole new group of muscles. You are doing great but a little bit of variety can add a whole new level to your workouts and results!

Source: exercise.about.com