

# FITNESS FACTS

## Which Fitness Category Are You In?

(NAPSA)—If you were to walk into the average health club today, you would probably encounter a “microcosm” of the U.S. People who visit health clubs are not just young and in shape but truly come from all walks of life.

People used to exercise primarily to lose weight and get in shape, but today, more and more people visit health clubs to promote their psychological well-being.

Regular exercisers say that exercise has a very positive impact on overall mental energy, stress levels and physical energy.

A recent Roper Starch survey, commissioned by the International Health, Racquet & Sportsclub Association, found that people who exercise fit into one of six categories:

- **Social Competitors**

(20 percent) prefer competitive to solitary fitness activities. They exercise for fun and camaraderie, and find it difficult to exercise alone. Moreover, they would definitely exercise more if only they had the time.

- **Abracadabras**

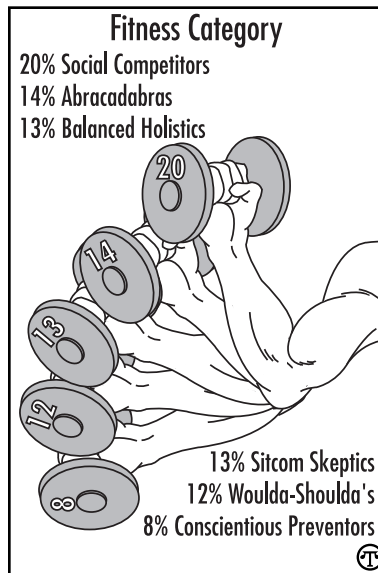
(14 percent) tend to be out of shape and have no desire to exercise. They have trouble getting into a routine and “hate” exercising. If they do exercise, it is primarily to lose weight and they would take a “magic pill” if it meant they could slim down without exercise.

- **Balanced Holistics**

(13 percent) take a balanced approach to exercise and are more likely to be in good shape and exercise regularly. For them, exercising is a time to “get centered.” When they don’t exercise, they don’t feel “right.”

- **Sitcom Skeptics**

(13 percent) pride themselves in “not falling for the fitness craze” and say that people who



**One interesting exercise may be to find out what fitness category you fall in to.**

exercise all the time are “too obsessed” with themselves. They believe that good diet and exercise are not really necessary.

- **Woulda-Shoulda's**

(12 percent) tend to be out of shape (and are self-conscious about it). They exercise less than the general public, but not because they hate exercising. Rather, they say, they are undisciplined and find it hard to get into an exercise routine.

- **Conscientious Preventors**

(8 percent) stay fit to help a medical condition or to prevent health problems. They also tend to be in good shape and exercise regularly.

About one in five Americans do not fit easily into any of these groups. They are known as the **Unresolved Undecideds**.

As you can see, there's a place for everyone. To locate a club near you, visit [www.healthclubs.com](http://www.healthclubs.com).