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Are You Motivated?

The clock strikes midnight, you shout "Happy New Year" and promise yourself this is the year you get fit. By spring, you've already started skipping aerobics. "Unfortunately, it is much easier for people to sign up for exercise instruction than to stick with it," explains Caroline Silby, a sports psychologist who specializes in motivation.

Print out and take Dr. Silby's quiz to find out if you've got what it takes to stick with a workout program or if you're prone to being an exercise dropout. And why. Plus, advice on how to get motivated.

Work in a white collar job?

- Yes
- No

Live in the Midwest or West?

- Yes
- No

Smoke?

- Yes
- No

In the past, have you participated in an exercise program for 6 months or more?

- Yes
- No

Participated in sports before the age of 14?

- Yes
- No

Believe that physical activity has health benefits?

- Yes
- No

Experience satisfaction when you follow through on a commitment to exercise?

- Yes
- No

Describe yourself as self-motivated?

- Yes
- No

Describe yourself as Type A personality (aggressive, achievement oriented, ambitious and time-conscious)?

- Yes
- No

Have a place to exercise that is convenient?

- Yes
- No

Adjust your exercise program to suit your schedule?

- Yes
- No

Does your spouse/significant other have a positive attitude about your involvement in exercise?

- Yes
- No

Is your spouse/significant other willing to juggle schedules to facilitate your involvement in exercise?

- Yes
- No

Juggle your schedule to make time for exercise?

- Yes
- No

Try and squeeze exercise in during lunch hour?

- Yes
- No

Often make the comment, "I'd like to exercise but I just don't have the time."

- Yes
- No

Take a "more is better" attitude toward your fitness program?

- Yes

- No

When you begin an exercise program, do you often do too much and wind up with sore muscles?

- Yes
- No

Tend to involve yourself in group exercise programs or workout with someone?

- Yes
- No

Have a likeable and knowledgeable exercise leader?

- Yes
- No

[GET YOUR SCORE AND SEE WHAT THE RESULTS MEAN >>](#)

Scoring: For each question that you answered "Yes," give yourself 1 point. For each question that you answered "No," give yourself 0 points. Add up your score and check the key below.

If your score is: 0 — 7 points, [click here to get the results](#).

If your score is: 8 — 13 points, [click here to get the results](#).

If your score is: 14 — 20 points, [click here to get the results](#).

You Are Unlikely to Stick With It/Drop Out:

- You probably don't believe that physical activity has many health benefits for you personally and most likely you have not participated in sports and exercise for any extended periods of time.
- It's conceivable that you would not describe yourself as self-motivated to exercise but may see yourself as ambitious, time-conscious, achievement oriented and a Type A personality. You attend to urgent matters and since you perceive practically everything as urgent you are likely to feel stressed out. Although exercise might help alleviate some of this stress, you do not perceive physical activity to be urgent and therefore "Don't have the time for it."
- When you do try to exercise, you are likely to talk yourself right back into bed. When the alarm goes off, you may say to yourself, "I really don't enjoy exercising. It doesn't even feel good after I do it. I know I'll do it for a few weeks and then won't find the time and I'll drop out as usual. It will take so long for me to see any results. Besides it's cold outside, hot in the gym, there is traffic, I hate showering there and I feel rushed all day etc. etc."

How To Get Motivated:

- Instead of focusing on all the reasons you don't want to exercise, put your energies into developing a plan to get yourself moving.
- Make sure you know how exercise will personally benefit you, set small daily goals that are achievable, reward yourself for any and all compliance, find an exercise buddy and keep your routine varied. Stop thinking and start doing.

You Are Somewhat Likely To Stick With It.

- You tend to believe that physical activity has health benefits, yet you find it difficult to make exercise a priority. Although you have probably participated in sports and exercise in the past, your commitment may have been for less than a six-month period.
- It's conceivable that you see yourself as self-motivated, ambitious, achievement-oriented and a Type A personality. Therefore, you may have a difficult time attending to non-urgent needs such as physical and spiritual development. Finding time to squeeze exercise into your busy schedule is challenging which leads you to say, "I'd like to exercise but I just don't have the time."

How To Get motivated:

- Try changing your perspective by deciding what purpose exercise will serve in your life. Are you exercising to create more balance in your life, lose weight, spend time with friends, increase your strength, prevent osteoporosis or decrease your chances of getting breast cancer?
- Choose one life benefit per month and adjust your workout accordingly. For example, if you decide to use exercise to create balance in your life, you don't need to exercise everyday or at a high intensity. Instead, you may choose to take a Saturday morning yoga class at a gym near home.
- Remember exercise doesn't have to be all or nothing. Even a little activity will provide you life-long health benefits both physically and emotionally.

You Are Strongly Likely To Stick With It

- Based on your score, you may describe yourself as self-motivated, ambitious and achievement-oriented, but also balanced. You are likely to make exercise a priority even when tight for time.
- When exercising, you tend to stick with programs that are challenging and within your comfort zone, which keeps exercise from losing appeal.
- You are likely to seek out ways to maintain your exercise commitment by working out with a friend, hiring a friendly and knowledgeable instructor, varying your exercise activities, rewarding yourself for sticking with it, setting goals and exercising with music.

How To Stay Motivated:

- Although these strategies help you to avoid long periods of inactivity, you may still find yourself totally unmotivated for weeks at a time. There is no need to worry. Instead, enjoy your break. After all, even elite athletes take breaks to invigorate their bodies and souls.

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