

# Will You Become Fit and Healthy This Year?

By Tracey Porpora

Many people desire to be fit and healthy, but it's a task that isn't easy to accomplish for everyone. So if you have even a small inkling to change your life and get fit and healthy, take our quiz to see if you are likely to reach your goal.

- At a local gym, you inquire about a membership, and:
  - Ask about prices, availability, classes, and then sign up.
  - Try to haggle down the membership price before signing up, just in case you decide not to go.
  - Decide not to sign up since it's cheaper and easier to ride the treadmill at home.
- Your best friend asks you to go to a Pilates class with her/him:
  - Go with an open mind even though you've never done it before.
  - Cancel on her/him once or twice since it sounds really hard, but finally relent and go with her/him to a class.
  - Blow him/her off until he/she stops mentioning it.
- You decide to diet, so you:
  - Choose a diet that will work best for your lifestyle and meal choices.
  - Choose a diet that will be relatively easy to cheat on.
  - Select a diet knowing well you will not likely stick to it.
- When dieting and dining out, you:
  - Make smart choices chose salad and high protein foods, such as chicken or fish.
  - Try to make smart choices until dessert when you order the double chocolate fudge cake.
- Someone told you a body cleanse will get rid of toxins in your body and help you lose weight, so you:
  - Find out where you can do this locally.
  - Research it on the Internet, but don't do it.
  - Consider it "scary" and don't even look up information to find out what it's all about.
- You've always wanted to try yoga, so you:
  - Take a class to see if it's something you want to add to your exercise regime.
  - Buy a video, but leave it in the box for a few weeks before watching half of it at home.
  - Watch a video on yoga at home while sitting on the couch eating bon bons in front of the television.
- You have the opportunity to jog each morning with a friend in your neighborhood, so you:
  - Take him/her up on it and run before work each day.
  - Start by going once a week to see if it tires you out.
  - Oversleep every day when you are supposed to go.

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Give yourself five points for every “A,” three points for each “B,” and one point for every “C.”

#### Results:

**If your score is 30 or above you have what it takes to get healthy and fit,** Now that you have this goal, you have the know-how and will to do it. All you have to do at this point is follow through with all your plans. “Someone who wants to get fit and healthy is generally someone who has been limited by their lack of fitness, and is finally tired of it,” says Dr. Ankur Saraiya, a New York City-based doctor. “The repeated experience of having physical limitations helps supply the motivation to make the changes necessary for someone to get fit. People who have enough motivation are the ones who can stay connected to the reason that they decided to get fit and healthy in the first place.”

**If you’ve scored 20 to 29 you have a lot of opportunity to reach your health and fitness goals, but you likely will only make a small effort to reach your goal, in fact, you lack the enthusiasm to get started on a healthy lifestyle.** “You might have the drive to succeed, but lack proper training equipment or guidance. For example, you may have access to a great personal trainer, but refuse to make time during your day to meet for a training session,” says Derek Peru, Founder of BODY BY D-ROCK in Chicago, IL. “When this occurs, everything becomes imbalanced and we give up, surrendering to the circumstances and admitting defeat.”

**If your score is 19 or below you don’t exert the effort needed to reach your health goals.** You’re lazy, and unmotivated to get what you want even when you have support from friends willing to help you along the way. “People like this truly believe nothing is wrong with their health, body or lifestyle. They have no reason to change. They don’t perceive benefit from doing changing. Someone with enough motivation will always find the time to acquire the resources to reach their goals,” says Peru.