

Fitness Personality Profile

See which activities fit your style

Sports build character. What personal traits are you developing through your fitness program?

See how seven (7) Psychosocial Traits are developed by different sport and exercise programs in the chart below.

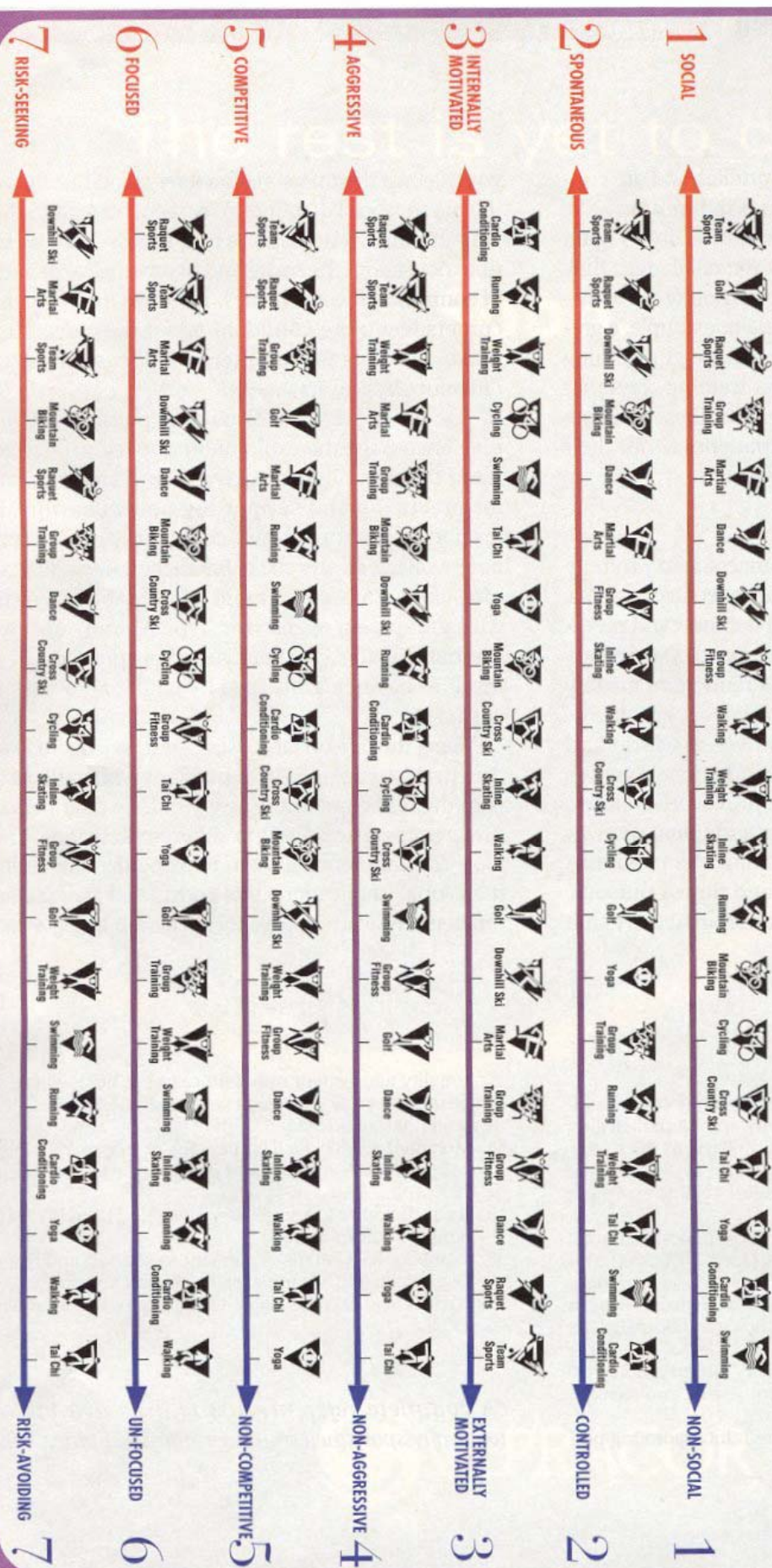


FIGURE 3. The psychosocial dimensions can be used to arrange icons representing the demands of 19 popular sports. Patients can select sports they find interesting and see how specific sports fit their personality traits.