



What's Your Level of Wellness?

Check the items that best describe you to see which group you naturally fall into. Then, join our online community and make—or renew—your commitment to focus yourself and your wellness. Staying motivated and achieving your goals is easier when you have friends to support you on your journey.

the Rookies

Do you...

- Feel a little intimidated about getting into shape?
- Need guidance to ease into a wellness routine?
- Lack knowledge about exercise, nutrition, etc.?
- Have basic levels of strength and flexibility?
- Want to get back to being your best self?
- Think you're too busy to live a healthy lifestyle?
- Prefer to take baby steps when trying new things?
- Have trouble stepping out of your comfort zone?
- Feel ready to commit to a wellness regimen?

the Optimists

Do you...

- Feel energetic and fit?
- Stay active, though you're not an "athlete?"
- Possess adequate strength and stamina?
- Know the basics of fitness and wellness?
- Struggle with commitment?
- Stop and start fitness programs?
- Want to shake things up with a new activity?
- Get bored with the same routine?
- Want to renew your commitment to wellness?

the Diehards

Do you...

- Have many years of fitness training behind you?
- Know a lot about fitness and wellness?
- Always look for the next challenge?
- Make it a priority to live a healthy lifestyle?
- Maintain a high level of fitness with regular workouts?
- Find that healthy living comes naturally?
- Value nutrition and eating smart?
- Love to break a sweat?
- Want to push yourself by setting new goals?