



Fitness With Personality: Use Your Color Type To Get Fit For Life

Embolic Selby

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Finally, the principles of personality typing and fitness programming are brought together in one book! When your best friend thrives on a new fitness program and you don't, you may feel you're just bad at it. When your workout partner absolutely loves strength training and you don't, you may feel you're doing it wrong. You're not bad at it, and you're not doing it wrong. Personality type is often ignored when it comes to fitness programs...until now. We created the Wellness With Personality™ Color Type system to help you match your personality style with your approach to wellness. In this book, we apply the Color Type system to Fitness With Personality™ so that you can easily find the right programs for you. The Color Types are Yellow, Red, Blue and Gray. They are based upon the personality style and energy that one brings to the world. Each type should approach fitness differently instead of trying to fit themselves into programs made for someone else. Once you know your Color Type, you'll know which fitness programs are worth your precious time and effort. You will finally be able to get fit and stay that way—for life!

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