What's the best sport or workout for your personality? James Gavin, PhD, professor of applied human sciences at Montreal's Concordia University, developed the Fitness Personality Profile below. The chart outlines how seven psychosocial traits match an array of different activities, from team sports to tai chi. Circle the activities that appeal to you to get a sense of where you fall on each continuum — and to see which adjacent activities might also feel like "fun." For more related content, see ELmag.com/fitnessfun.