March is National Nutrition Month

10 tips to help you eat more vegetables

1. When I think about physical activity, I:
   - Like structure and organization. Creating a schedule and a plan is easy for you. You like self-motivation. You are spontaneous. You enjoy discovering new things, and giving them up in frustration, boredom, difficulty, or annoyance.

2. When I take part in a physical activity, I usually:
   - I participate when someone else has set up the activity or attend a class. I am a team player. I may attend a class, but do not usually set an activity. I enjoy pushing myself to the limits. I like to be spontaneous. If you are not interested in an activity, you are not interested. If you are interested, you will find the activity is not as difficult as you thought it would be. You are a leader.

3. I usually:
   - Monday: Cardio. Tuesday: Strength training. Wednesday: Cardio. Thursday: Rest. Friday: Cardio. Saturday: Strength training. Sunday: Rest. I like to push my limits. I have no particular routine. My workouts change frequently. I am not sure. It depends on what is on my schedule for the week. I like to have a routine. I have a particular set of workouts that I follow each week.

4. When I think about physical activity, I:
   - Struggling for air after 10 minutes (again) and watching the 65-year-old guys on

5. When I take part in a physical activity, I usually:
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6. Monday: 6:30 a.m. indoor cycling. Tuesday: 4:00 p.m. yoga for beginners. Wednesday: 6:30 a.m. yoga for beginners. Thursday: 6:30 a.m. indoor cycling. Friday: 6:30 a.m. yoga for beginners. Saturday: Rest. Sunday: Rest. I like to push my limits. I have no particular routine. My workouts change frequently. I am not sure. It depends on what is on my schedule for the week. I like to have a routine. I have a particular set of workouts that I follow each week.

7. When I think about physical activity, I:
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What is your Workout Personality? 
Finding a fitness program that suits you tastes, it with...