



16 Health Resolutions For The 16 Personality Types

Which New Year's Health Resolution Suits Your Personality Best?

Staying fit and healthy is often a new year's goal we struggle to keep. But, how do we ensure that we commit to goals we're most likely to keep? You find one that works based on your personality type.

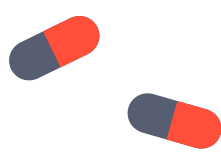
Check out our 16 suggested new year's health resolutions for the Myers-Briggs 16 personality types.

Analysts



INTJ

Architect Strategic thinkers and planners. Create meal plans and timetables for an improved diet.

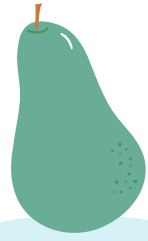


Logician Inventors with a hunger for knowledge. Study meal nutrition tips and work them into your diet for a fitter, and better 'you'.

INTP

ENTJ

Commander Bold and imaginative. Bring your Body-Mass Index (BMI) to a healthy range, or keep it consistent if you are already healthy.



Debater Enjoys intellectual challenges. Consume only healthy-calorie foods such as whole grains, fruits and dairy.

ENTP



Diplomats

Advocate Tireless idealists. Set a goal of having at least 8 hours of sleep and work in blocks of rest.

INFJ

Mediator Peace-loving and always eager to help. Practice mindfulness in health, such as eating and chewing mindfully, and drinking at least 8 cups of water daily.

INFP

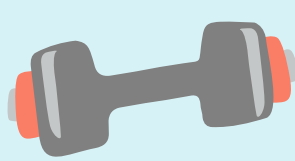
ENFJ

Protagonist Charismatic and inspiring. Organise social workouts such as hikes in the outdoors and trail runs.



Campaigner Always finds a reason to smile. Join a fitness community in the neighbourhood or sign up for a fitness app to kickstart a fitness routine.

ENFP



Sentinels

ISTJ

Logistician Practical and fact-minded. Incorporate walking and climbing into daily activities. Take the stairs instead of the lift. Walk instead of grabbing a cab.



Defender Dedicated and warm protectors. Build new healthy habits such as exercising 3 times weekly, quitting smoking (if you are), and eating more fruits and vegetables.

ISFJ

ESTJ

Executive Excellent administrators. Ditch products that contain toxic chemicals, additives or preservatives. This can include beauty and food products in the house.

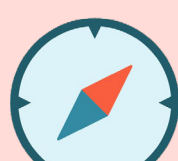


Consul Caring and social. Spend more time in nature and regularly unplug from electronics.

ESFJ



Explorers



ISTP

Virtuoso Bold and practical experimenters. Try the latest fitness fads. Take up that aqua yoga class you've heard about, or the new HIIT-boxing gym membership you've been eyeing.



Adventurer Flexible and charming. Commit to a 30-day fitness challenge. This could include a diet challenge or a workout challenge.

ISFP

ESTP

Entrepreneur Smart and energetic. Start a food journal to log what you're eating, areas you can improve on and your daily calorie intake.

Entertainer Spontaneous and enthusiastic. Join a fitness event such as a marathon or a race with a workout buddy.

ESFP