

➡ Staying Active

Your Body, Your Sport

Edward Jackowski, Ph.D., best-selling author of *Escape Your Shape*, says that exercise is always easier when you choose an activity or sport that's suited to your body type and personality. Here are four favorites from the New York-based fitness expert.

BEST FOR
JOINTS



SWIMMING

HEALTH BENEFITS: Aerobic, cardio, easy on the joints, full-body exercise, good for both fit and unfit individuals.

BODY AND PERSONALITY TYPE: Great for all body types of all ages and well-suited for individuals with strong personalities who don't like group activities and prefer privacy.

CALORIES BURNED PER HOUR: Swimming with moderate intensity yields 300 calories for a 150-pound person and 400 calories for a 200-pound person.

BEST FOR
ENDURANCE



CYCLING

HEALTH BENEFITS: Great cardio, aerobic, building strength and endurance for the entire lower body and balance.

BODY AND PERSONALITY TYPE: Good for all body types but people who are bottom heavy will especially benefit. It's also a great exercise for those who love the outdoors.

CALORIES BURNED PER HOUR: 200 calories for a 150-pound individual and 300 calories for a 200-pound individual cycling at a moderate pace. Biking hills? You burn twice as many calories.

BEST FOR
SOCIAL
ACTIVITY



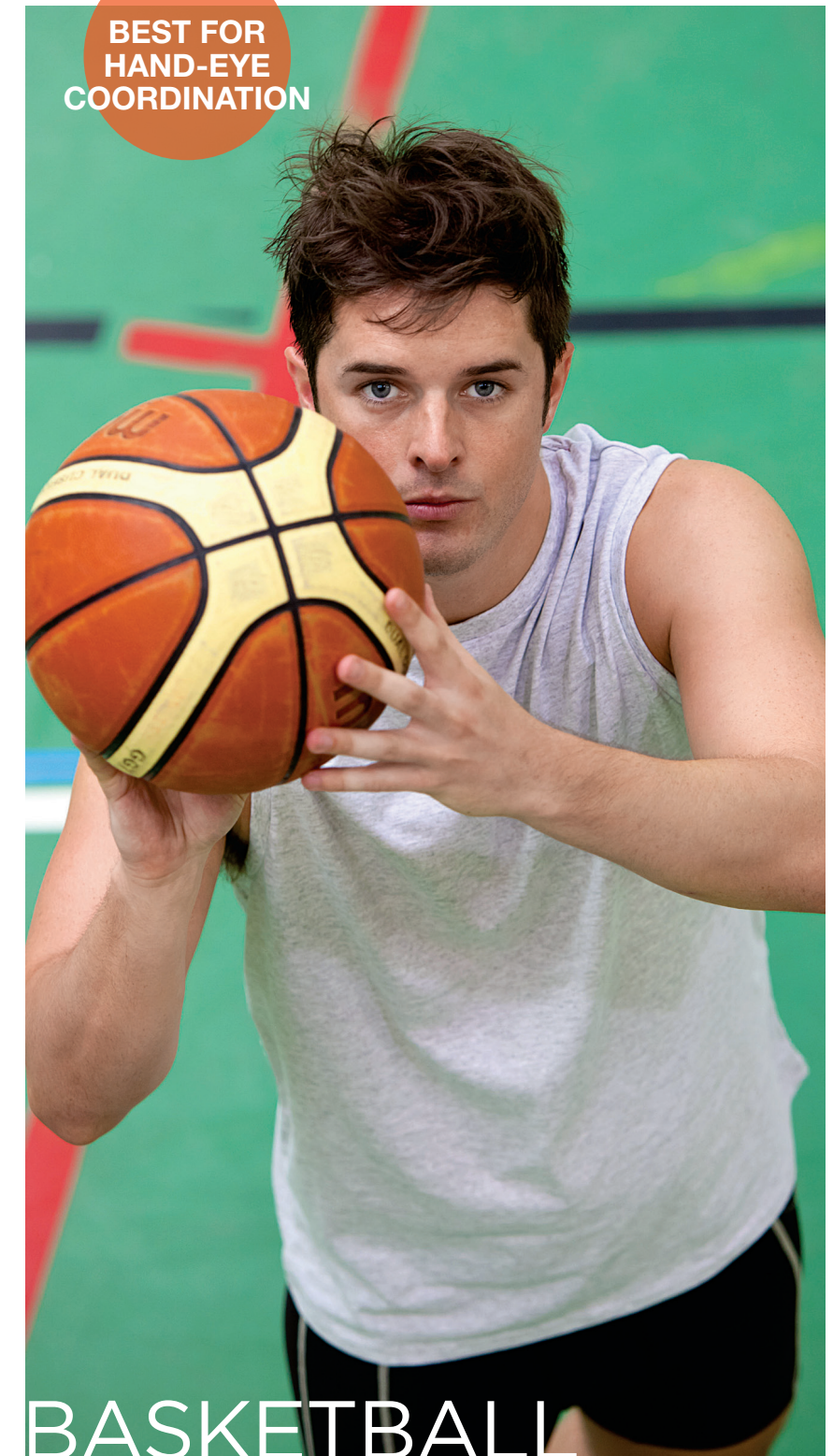
TENNIS

HEALTH BENEFITS: Both aerobic and anaerobic (toning) depending on whether you play vigorous singles or more leisurely doubles. Great for hand-eye coordination and bone health, as your feet strike the ground.

BODY TYPE AND PERSONALITY: People with hourglass figures – equal top and bottom – excel because they have both upper and lower body strength.

CALORIES BURNED PER HOUR: Singles: 225 for a 150-pound person, 310 for a 200-pound person. Doubles: 150 for a 150-pound player and 200 for a 200-pound person.

BEST FOR
HAND-EYE
COORDINATION



BASKETBALL

HEALTH BENEFITS: For full-court hoops, great aerobic conditioning and endurance; for half-court, less aerobic. Great for hand-eye coordination, agility, balance, jumping, running forward and backward.

BODY AND PERSONALITY TYPE: Good for all body types but appeals to more aggressive folks who aren't afraid of body contact or confrontation.

CALORIES BURNED PER HOUR: Half court: 200 calories for a 150-pound person, 300 calories for a 200-pound person; full court – 350 and 450 calories respectively.