MY CORE VALUE: Physical Activity

PATTERN: Attention to health and body

I LIVE FOR: Staying active, fit and in shape

I'M AT MY HAPPIEST: Achieving goals

HABIT TO BREAK: Making everything a competition

YOU MIGHT BE AN ATHLETE IF: You love to measure your results with scales, weights and tracking devices

MY STYLE: I invented athletic wear for everyday wear. I love neon

BEAUTY PROFILE: You’re a guys’ girl, a tomboy. Your best beauty accessory is sun protection, and you often think you look ridiculous when people try to “make you up.”

KISSING STYLE: The sweaty, high-energy kiss

DREAM GETAWAY: Going to the Superbowl

MY IDEA OF A GOOD TIME: Playing and watching sports whether it’s on the field or in front of a big screen

WHICH ATHLETE ARCHETYPE ARE YOU?

COMPETITOR Always game, never shying away from tasks others find daunting, especially in the physical realm

OUTDOORSMAN Physically fit, environmentally conscious and adventurous

DANCER Lean fit and stylish, quick to react and fun to be with

TOMBOY Straightforward, honest, and concerned with getting things done in the most direct way possible

We love: The Special Olympics specialolympics.org
FAMOUS ATHLETES

MARTINA NAVRATILOVA VS. BILLIE JEAN KING
DEREK JETER VS. PAUL KONERKO
NADIA COMĂNECI VS. OLGA KORBUT
MARIA SHARAPOVA VS. ANNA KOURNIKOVA
KEVIN DURANT VS. LEBRON JAMES
WAYNE GRETZKY VS. MARIO LEMIEUX
TRACY ANDERSON VS. JILLIAN MICHAELS
ROGER FEDERER VS. RAFAEL NADAL
CHARLES BARKLEY VS. SHAQUILLE O’NEAL

ARCHEMATES:

STEFI GRAF & ANDRE AGASSI
GABRIELLE REECE & LAIRD HAMILTON
SERENA & VENUS WILLIAMS
LINDSEY VONN & TIGER WOODS

athlete + ARIES
THE PHYSICAL ENDURANCE ATHLETE: You build a strong foundation for your life, and that includes a strong body.

athlete + TAURUS
PHYSICAL ENDURANCE: You may not be the most dexterous or the fastest in the gym, but in your own manner you build a strong foundation for your life, and that includes a strong body.

athlete + GEMINI
THE ALWAYS IN MOTION ATHLETE: The nervous energy that animates you translates nicely into an athletic lifestyle.

athlete + CANCER
THE PHYSICAL COMFORT ATHLETE: You seek comfort in the body as it seeks comfort in life.

athlete + LEO
THE FLASHY ATHLETE: You bring flair to everything you do, with just enough showmanship to draw attention to your abilities.

athlete + VIRGO
THE HEALTHY ATHLETE: Your well-defined body-consciousness lends itself well to a variety of physical exercises.

athlete + LIBRA
THE GRACEFUL ATHLETE: There’s a natural flow to your body.

athlete + SCORPIO
THE PLAY TO WIN ATHLETE: You approach the ballfield like the battlefield: you play to win.

athlete + SAGITTARIUS
THE PLAYFUL ATHLETE: You take your athletic activities seriously, but with the joy of a child, and that makes your approach contagious.

athlete + CAPRICORN
THE DISCIPLINED ATHLETE: Like everything else in life, you take physical activity seriously.

athlete + AQUARIUS
THE TEAM PLAYER ATHLETE: Few share your level of motor skills.

athlete + PISCES
THE PEACEFUL WARRIOR ATHLETE: Not the most physically motivated of signs, you look for a taste of the mystical in your health regimen.
BRANDS

GOOD: Champion, Adidas, Reebok, Everlast

BETTER: Fabletics, Athleta, Lucy, Foot Locker, Lady Foot Locker, Alexander Wang for H&M

BEST: Palleton, Under Armour, Nike, Lululemon, Cotton Citizen, Rick Owens, Y3

MAGAZINES
Shape, Men’s Health, Sports Illustrated, Women’s Health

MOVIES
Prefontaine, 42 (The Jackie Robinson Movie), Rocky, Million Dollar Baby, Ali, A League of Their Own, Rookie of the Year, Moneyball, Chariots of Fire, Hoosiers, Remember the Titans, Pumping Iron, Top Gun

BOOKS
The Wave by Susan Cassey; Into Thin Air by Jon Krakauer; Born to Run by Christopher McDougall; Miles From Nowhere by Barbara Savage, Unbroken by Laura Hillenbrand, Wild by Cheryl Strayed

TV SHOWS
ESPN, Fox Sports, Survivor, Amazing Race, Bryant Gumble Real Sports, 60 Minute Sports

MUSICAL TASTE
Fast-paced pop, Rock ‘n’ Roll

HOT TOPICS
Nutrition, Working out, New exercise, Exercise gear, Supplements, Current sporting events in the news

WEBSITES
BEST JOB SITES: indeed.com, workinsports.com

APPS
WORKOUT PROGRAMS: Fitness Builder, nikeBOOM, StrongLifts 5x5 Workout
TRACKERS: WorkoutTrainer, Runtastic, MapMyRun, Moves
NUTRITION: Fooducate, MealSnap
FOR FUN: Zombiescate, Sportaneious, Clumsy Ninja

FAVORITE PICKS
FLOWER: Aloe, Daisy, Crabgrass
DRINK: Vodka Redbull, Gatorade, Powerade
CANDY: Raisins, Fruit Roll, Gum, GORP (good ol’ raisins & peanuts)

DIET: Paleo

BEST WORKOUT:
Philosoft.com (East Hamptons, NY)

MUST HAVES:
Soxxy compression socks, Everlast boxing gear