

Exercise for different Body Types



This book will teach the different exercises for your BODY TYPE.





Understand that
we all fall into
three primary
body types,

GET TO KNOW YOUR BODY TYPE

The first step in getting to your ideal weight is to understand that we all fall into three primary body types, that is vata, pitta and kapha.

Each one of these body types will have a different ideal weight, constitution, eating style and lifestyle needs that are completely unique.

If you don't know your body type yet, you can find that out by doing our Health dynamic test.

*Each one of these body
types will have a different
ideal weight*

VATA BODY TYPE

For vata body types weight is often not a problem, you tend to be naturally thin and wiry. This doesn't mean that weight won't be an issue, because it's not uncommon for skinny mini vatas to put on weight all of a sudden due to a change in metabolism.

The biggest issue for vatas is a tendency towards mental stress, when you are under stress this can lead to carrying extra weight (particularly around the abdomen).

When under stress you probably forget to eat, which impacts digestion and increases toxins (ama) in the body by clogging up the channels. These clogged channels can lead to weight gain.

To maintain a healthy weight vata body types need to keep their mental stress under control, a good way of doing that is through regular yoga and meditation practice. Yoga is beneficial to all body types and there are even special yoga poses more suited to each constitution,

You also need to make sure you are nourishing your body with light and easily digestible foods – things like stewed apples, whole grains and fresh vegetables will keep you feeling light and full of energy.

Just stay away from heavy foods like aged cheeses, meats and rich desserts; dry foods, like crackers, cold cereals and packaged snacks don't suit your constitution.

For vatas it's also important to maintain a good routine – that means going to bed early (before 10pm), eating three warm, cooked meals a day (you may need small snacks in between as you can only eat small amounts at a time). When possible try eat your meals at the same time each day as your digestion tends to be irregular.

Remember you'll do well by slowing-down – it's not healthy to be rushing around all the time. Vatas put on weight easily so nourishing your body will help make you feel grounded, balanced – and your ideal weight.

To maintain a healthy weight vata body types need to keep their mental stress under control



PITTA BODY TYPE

Pittas tend to not gain, nor lose weight easily as you have a strong digestion and with all your fire, have little problem burning up carbs and sugars. Your digestive fire is actually so strong it can overeat and cause problems – if you start skipping meals stomach acid will burn the food and damage your stomach.

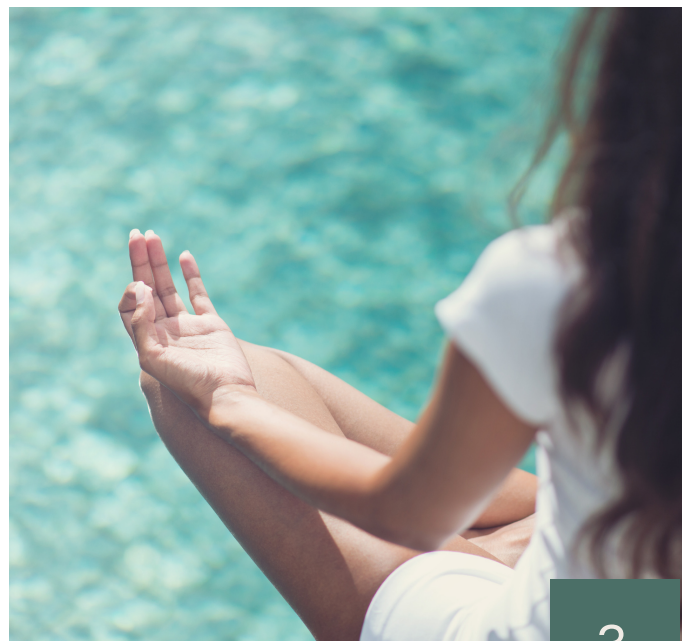
Pitta body types do well eating three meals a day. It's important to set regular meal times to keep toxins from forming in your digestive system. Once toxins block your internal digestive channels your strong metabolism might slow down.

To prevent this happening, start the day with something that will cool and soothe the digestive fire, rather than overload it (this might be raw pears, cooked porridge or Aloe vera juice). You'll also feel great and full of energy on a diet of dhal, cooked vegetables and whole grains. Just make sure to avoid chillies, fermented, fried, oily and overly hot foods as they will increase internal acidity.

More than the other body types, it's important for pittas to go to sleep before the pitta time of the night (10pm-2am) as this is when your body will be expelling toxins and clearing the liver. Even if you feel you have energy then, or develop a desire for late night snacks, it's important you don't get into the routine of staying up late, and eating late, as this will make it difficult to keep weight on track

The other thing that happens with pittas is all of a sudden you might find you have put weight on – this might be due to a change in life, for example menopause or another transitional time, or being under too much pressure and under heavy deadlines.

What's happening in this case is you may be putting on inflammatory weight, which is hardness of tissue. Best thing to do if this is happening to you is detox. This will flush out the organs and get your digestion going again. It will also cool that hot head down – the one that yells or is frustrated and you don't know why.





Regular exercise is important, make sure you push yourself a little. If you're finding it hard to stay motivated, try mixing up your exercise routine.

KAPHA BODY TYPE

It's not uncommon for kaphas to not be hungry until noon – so don't feel you need to eat breakfast when you first wake up, there's nothing wrong with some stewed apple or pear to hold you off until lunch.

This body type also needs to really work on the diet and lifestyle that causes imbalances. You may be on a drug to get your blood pressure, cholesterol or diabetes under control but for a real treatment this needs to be combined with diet and lifestyle changes.

Each body type has its own personal pathway to good health. If you're finding it difficult to shift weight, make sure to read up more on the specific foods and exercises especially suited to your constitution.

Sturdy kaphas, with bigger bones and gentle personalities seem to put weight on easily; you're never going to be the skinny minnies, it's not in your constitution.

You'll also tend to put weight on all over the body and it often takes a long time to shift these extra kilos.

This is because, with elements of earth and water, you have the slowest metabolism of the three body types. Just stay patient, it will come off – it just takes longer for you than other body types.

In terms of diet, you'll do well eating plenty of vegetables and dhal soups with spices (turmeric especially activates the liver), green leafy vegetables, quinoa and warm, light, cooked foods. Raw veggies are difficult to digest. You'll also want to avoid ice cream, cheesecake and other heavy, cold desserts as these only slow your metabolism down.

Kapha dosha body types do well eating their main meal in the middle of the day, when the sun is high and digestion is strong. This will help reduce the build-up of toxins, which can slow your metabolism right down.

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EXERCISES FOR VATA

For Vata body types weight is often not a problem, you tend to be naturally thin and wiry. This doesn't mean that weight won't be an issue, because it's not uncommon for skinny minnie vatas to put on weight all of a sudden due to a change in metabolism.

The biggest issue for vatas is a tendency towards mental stress, when you are under stress this can lead to carrying extra weight (particularly around the abdomen). When under stress you probably forget to eat, which impacts digestion and increases toxins (ama) in the body by clogging up the channels. These clogged channels can lead to weight gain.

To maintain a healthy weight vata body types need to keep their mental stress under control, a good way of doing that is through regular yoga and meditation practice.

Vatas, you need to slow down. Sloooooooooooooow doooooooooowwwwn. Okay, even slower. Because vata is so wiggly, windy, scattered, and variable, they need to stay steady, grounded, and intentional.

I always like to think that if vata has both feet on the ground, that's a pretty good exercise for vata (unless balancing in tree pose or warrior. Seriously, the more vata can stay still and move with intention the better.

Vatas need a nice balance of strength and flexibility. Weights/strength training, yoga, pilates, ballet-inspired and bar classes (not the kind with martinis!) would be great. Anything too cardio intensive will increase the already swift motion in their mind-body and will stiffen muscles and joints. The key for vatas is to sloooooooooow doooowwwwnnn...xoxo.



Walking



Dancing



Meditation

EXERCISES FOR PITTA

Pittas, you need to cool down and destress. The thing about pittas is that they are naturally muscular and pretty good athletes so they actually seek out physical activity.

They really like the physicality of exercise so a pitta doesn't need a whole lot of motivation to get moving. However, they need to stay cool and stay away from anything too competitive, stressful, or too hot.

{Speaking of stress, stress can take away from pittas motivation to exercise. If a pitta person is stressed at work, they will put exercise lowest on their priority list because they have to achieve, achieve, achieve at their jobs first. This is not balance.}

Pittas will do best with a combo of cardio (they love to sweat), like cycling or swimming and a consistent yoga practice is very helpful to destress. Cool air and cool water will make pitta feel like they've had an awesome workout but will not overheat them. Pittas should NOT exercise in the sun or do bikram yoga!

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Hiking



Swimming



Cycling

EXERCISES FOR KAPHA

Kaphas, you need to move and sweat. Kaphas are the most sluggish of the three doshas and getting a move on will help them feel SO alive and energized! Kaphas tend to be lazy, so they can easily get in a rut...and stay there. It's not easy to get a kapha to move, but by putting on some good music and grabbing a good buddy, kapha will feel happy and full of gusto!

You've probably guessed, but cardio is best for kapha. Cardio can range from run-walking, power walking, elliptical trainer, or anything aerobic. They need to move because they tend to be heavy in both body and mind. Moving the physical body will help lighten both of these.

Kaphas should not lift heavy weights (they are already very strong and don't need denser muscle tissue, nor will they stick to a regimen if it makes them too sore/uncomfortable) and even some yoga is too slow for them. The hardest part for kapha is to stick with it, but this is exactly what they need. Kaphas, even if you do 20 minutes a day of power walking in your neighborhood, that is awesome!! Just do that. You will feel fantastic in no time!! But please, get moving!

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Regular exercise is important, make sure you push yourself a little. If you're finding it hard to stay motivated, try mixing up your exercise routine. You'll also do well with yoga, here you can find the best asanas to suit your individual body type.



Weightlifting



Running



Aerobics

WHY DO AN AYURVEDIC DETOX?

An Ayurvedic detox is different. Based on 5000 years of ancient Indian knowledge, these detoxes take the load off your body and remove harmful chemicals and toxins that have accumulated – particularly in the liver, kidneys and bowel – while supporting and improving their functioning.

A detox will quite literally boost energy levels, improve digestion, make your eyes sparkle and your skin glow – while shifting unwanted kilos. It will reset your metabolism keeping weight balanced, so there is no more yo-yo dieting.

It can also help with chronic conditions. I recently worked with a patient who had tried every kind of cream and treatments under the sun to treat her eczema – the only thing that kept flare-ups at bay were harmful steroid creams, and these are just not sustainable in the long run and only mask the symptoms. After doing our 28-day detox, she came off all steroid creams and her eczema was completely cleared up. She feels like a new person.

How is an Ayurvedic detox different?

Ayurvedic detoxes are centred around understanding your unique body type and then eating foods which will benefit your constitution. There will also be a combination of the six Ayurvedic tastes (sweet, sour, salty, bitter, pungent and astringent). Also, Ayurvedic herbs help the body expel toxins.

Detoxes range from a one-day cleanse, to seven or the full 28 days. Over the next three weeks I'm going to talk about what these mean so you can work out which is right for you.



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