Body-Mind Type Exercise Profiles

Based on the book *Body, Mind, and Sport* by John Douillard

Prepared by Mike Rickett

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| Mental Profile | | | | | | | | |
| Mental Activity | Quick mind, restless | | Sharp intellect, aggressive | | | | Calm, steady, stable | |
| **Memory** | Short-term best | | Good general memory | | | | Long-term best | |
| **Thoughts** | Constantly changing | | Fairly steady | | | | Steady | |
| **Concentration** | Short-term focus best | | Better than average mental concentration | | | | Focus for long time | |
| **Grasping Power** | Quick grasp | | Medium grasp | | | | Slow grasp | |
| **Dreams** | Fearful, flying, running, jumping | | Anger, fiery, violent | | | | Water, cloud, relationships, romance | |
| **Sleep** | Interrupted, light | | Sound, medium | | | | Sound, heavy, long | |
| **Talk** | Fast, sometimes missing words | | Fast, sharp, clear-cut | | | | Slow, clear, sweet | |
| **Voice** | High pitch | | Medium pitch | | | | Low pitch | |
| **Mental**  **Subtotal** |  | |  | | | |  | |
| Behavioral Profile | | | | | | | | |
| **Eating** | Quickly | | | Medium speed | | | Slowly | |
| **Hunger** | Irregular | | | Sharp, needs food | | | Can easily miss meals | |
| **Food and Drink** | Prefer warm | | | Prefer cold | | | Prefer dry and warm | |
| **Achieving Goals** | Distracted | | | Focused and driven | | | Slow and steady | |
| **Donations** | Gives small amounts | | | Gives nothing or large amounts infrequently | | | Gives regularly and generously | |
| **Relationships** | Many casual | | | Intense | | | Long and deep | |
| **Sex Drive** | Variable or low | | | Moderate | | | Strong | |
| **Works Best** | While supervised | | | Alone | | | In groups | |
| **Weather** | Aversion to cold | | | Aversion to hot | | | Aversion to damp, cold | |
| **Reaction to Stress** | Excites quickly | | | Medium | | | Slow to get excited | |
| Financial | Doesn’t save spends quickly | | | Saves but big spender | | | Saves regularly accumulates wealth | |
| **Friendships** | Tends toward short-term friendships | | | Tends to be a loner (friends related to occupation) | | | Tends toward long-lasting friendships | |
| **Behavioral Subtotal** |  | | |  | | |  | |
| Emotional Profile | | | | | | | | |
| **Moods** | | Changes quickly | | Slowly changing | | | Steady, nonchanging | |
| **Reacts to Stress with** | | Fear | | Anger | | | Indifference | |
| **More Sensitive to** | | Own feelings | | Not sensitive | | | Others’ feelings | |
| **When Threatened Tends to** | | Run | | Fight | | | Make peace | |
| **Relations with Spouse** | | Clingy | | Jealous | | | Secure | |
| **Expresses Affection** | | With works | | With gifts | | | With touch | |
| **When Feeling Hurt** | | Cries | | Argues | | | Withdraws | |
| **Emotional Trauma Causes** | | Anxiety | | Denial | | | Depression | |
| **Confidence Level** | | Timid | | Self-confident outwardly | | | Inner confidence | |
| **Emotional Subtotal** | |  | |  | | |  | |
| Physical Profile | | | | | | | | |
| **Hair Amount** | | Average | | Thinning | | Thick | | |
| Hair Type | | Dry | | Medium | | Oily | | |
| **Hair Color** | | Light brown | | Red/auburn | | Dark brown/black | | |
| **Skin** | | Dry/rough or both | | Soft/medium or both, oily | | Oily, moist, cool | | |
| **Skin Temperature** | | Cold hands/feet | | Warm | | Cool | | |
| **Complexion** | | Darkish | | Pink-red | | Pale-white | | |
| **Eyes** | | Small | | Medium | | Large | | |
| **Whites of Eyes** | | Blue or brown | | Yellow or red | | Glossy white | | |
| **Size of Teeth** | | Very large or very small | | Small-medium | | Medium-large | | |
| **Weight** | | Thin, hard to gain weight | | Medium weight | | Heavy, easy to gain | | |
| **Elimination** | | Dry, hade, tin, constipated | | Many, soft to normal | | Heavy, slow, thick, regular | | |
| **Resting Pulse** | |  | |  | |  | | |
| **Men** | | 70-90 | | 60-70 | | 50-60 | | |
| **Women** | | 80-100 | | 70-80 | | 60-70 | | |
| **Veins & Tendons** | | Very prominent | | Fairly prominent | | Well covered | | |
| **Physical Subtotal** | |  | |  | |  | | |
| Fitness Profile | | | | | | | | |
| **Exercise Tolerance** | | Low | | | Medium | | | High |
| **Endurance** | | Fair | | | Good | | | Excellent |
| **Strength** | | Fair | | | Good | | | Excellent |
| **Speed** | | Very good | | | Good | | | Not so fast |
| **Competition** | | Doesn’t like competitive pressure | | | Driven competitor | | | Easily deals with competitive stress |
| **Walking Speed** | | Fast | | | Average | | | Slow & steady |
| Muscle Tone | | Lean, low body fat | | | Medium w/good definition | | | Bulk w/higher fat percentage |
| **Runs Like** | | Deer | | | Tiger | | | Bear |
| **Body Size** | | Small frame, lean or long | | | Medium frame | | | Large frame, fleshy |
| **Reaction Time** | | Quick | | | Average | | | Slow |
| **Fitness Subtotal** | |  | | |  | | |  |
| Total | | | | | | | | |
|  | | ***Winter*** | | | ***Summer*** | | | ***Spring*** |
| **Mental** | |  | | |  | | |  |
| **Behavioral** | |  | | |  | | |  |
| **Emotional** | |  | | |  | | |  |
| **Physical** | |  | | |  | | |  |
| **Fitness** | |  | | |  | | |  |
| Mind Body Type | |  | | |  | | |  |

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| Winter | |
| ***Balanced Winter-like Functions Promote:*** | ***Imbalanced Winter properties creates:*** |
| Mental alertness | Dry or rough skin |
| Proper formation of body tissues | Insomnia |
| Normal elimination | Constipation |
| Sound sleep | Fatigue |
| Strong immunity | Tension headaches |
| Sense of exhilaration | Intolerance of cold |
|  | Degenerative arthritis |
|  | Underweight anxiety worry |

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| Summer | |
| ***Balanced Summer-like Functions Promote:*** | ***Imbalanced in Summer Properties Creates:*** |
| Normal heat and thirst mechanisms | Rashes |
| Strong digestion | Inflammatory skin conditions |
| Lustrous complexion | Peptic ulcers |
| Sharp intellect | Heartburn |
| Contentment | Visual problems |
|  | Excessive body heat |
|  | Premature graying of baldness |
|  | Hostility |
|  | Irritability |

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| Spring | |
| ***Balanced Spring-like Functions Promote*** | ***Imbalanced in Spring Properties Creates:*** |
| Muscular strength | Oily skin |
| Vitality and stamina | Slow digestion |
| Strong immunity | Sinus congestion |
| Affection, generosity, courage, dignity | Nasal allergies |
| Stability of mind | Asthma |
| Healthy, normal joints | Obesity |
|  | Cysts and other growths |
|  | Possessiveness |
|  | Apathy |

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| ***Characteristics of Winter Type*** | ***Characteristics of Summer Type*** | ***Characteristics of***  ***Spring Type*** |
| Light, thin build | Moderate build | Solid, heavy body |
| Performs activity quickly | Performs activity with medium speed | Greater strength and endurance |
| Tendency toward dry skin | Aversion to hot weather | Slow and methodical in activity |
| Aversion to cold weather | Prefers cold food and drinks | Oily, smooth skin |
| Irregular hunger and digestion | Extreme hunger and quick digestion | Slow digestion, mild hunger |
| Quick to grasp new information, also quick to forget | Can’t skip meals | Tranquil, steady personality |
| Tendency toward worry | Medium time to grasp new information | Slow to grasp new information, slow to forget |
| Tendency toward constipation | Medium memory | Slow to become excited or irritated |
| Tendency toward light and interrupted sleep | Tendency toward reddish hair and complexion, moles, freckles | Sleep is heavy and long |
|  | Good public speaker | Hair is plentiful, thick and wavy |
|  | Tendency toward irritability and anger |  |
|  | Enterprising and sharp in character |  |



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| The Three Seasons and Corresponding Body Types | |
| **Season** | **Exercise Requirements** |
| Fall and Winter |  |
| November through February | Don’t need as much exercise |
| Cold, windy, and dry | Increasing flexibility |
| Winter qualities are increasing |  |
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| Summer |  |
| July through October | Avoid overheating during exercise |
| Basically hot | Avoid exercise at midday |
| Summer qualities are increasing |  |
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| Spring |  |
| March through June |  |
| Wet and cool | Need more vigorous exercise |
| Spring qualities are increasing | Increasing cardiovascular training |
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| ***Best Time to Exercise – By Body Type*** | | | | | | |
| **Your mind-body type** | **6am to 10am** | **10am to 2pm** | **2pm to 6pm** | **6pm to 10pm** | **10pm to 2am** | **2am to 6am** |
| **Winter** | Best | Ok | Avoid | Ok | Avoid | Avoid |
| **Summer** | Best | Avoid | Ok | Ok | Avoid | Avoid |
| **Spring** | Best | Good | Ok | Good | Avoid | Avoid |
| **Winter-Summer** | Best | Ok | Avoid | Good | Avoid | Avoid |
| **Summer-Winter** | Best | Avoid | Ok | Good | Avoid | Avoid |
| **Winter-Spring** | Best | Good | Avoid | Good | Avoid | Avoid |
| **Spring-Winter** | Best | Good | Ok | Good | Avoid | Avoid |
| **Summer-Spring** | Best | Ok | Ok | Good | Avoid | Avoid |
| **Spring-Summer** | Best | Ok | Ok | Good | Avoid | Avoid |
| **Winter-Summer-Spring** | Best | Good | Avoid | Good | Avoid | Avoid |

