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 |

