

THE WELLNESS 360  
**BODY**  
**BLUEPRINT**



3

*Step*  
**THREE**

# Welcome to Wellness360™ BODY BLUEPRINT

As humans, we have the same organs and are essentially composed of 95% of the same material. Then how can we be so different? The remaining 5% makes us unique...and this small percentage makes all the difference. It makes up our character, our personalities, and even how our bodies respond to food and our environment.

When it comes to food, we can force ourselves to eat certain foods or try certain diets, but we can easily see why many times it doesn't work. When we work with our body's unique makeup, we don't have to force anything.

Have you ever noticed how one person can do great on a diet while another person miserably fails? Truly, one person's food is another's poison. Our size, shape, blood types, metabolism, genetics, taste buds, likes, dislikes, all make up our unique relationship with food and health.

Most health and diet books take a one-size-fits-all approach. Science is now discovering that this is an outdated way of looking at the human body.

## Consider the following:

- What do you notice about yourself that is different from others?
- Have you reacted to certain foods differently than others?
- Have you excelled with a certain type of exercise versus another?

# YOUR body's machine

Think of your body as a machine. What fuels the machine and how does the fuel get converted to energy? The body uses food as fuel and the process of metabolism converts the food into energy. This energy helps us to do everything from growing to dancing to solving problems. It seems simple, but metabolism is a somewhat complicated process that the body knows how to perform. Let's take a closer look at how metabolism works.

Metabolism is controlled by certain types of proteins in the body. A chemical reaction occurs that sends a message to the body to function, which helps to keep our cells in good working order. Metabolism is needed to live. Without it, we would not be able to exist as living organisms.

When a person eats food, the food itself already has its own energy, because it is from a living thing. Take vegetables for example. The body will break down the vegetables and convert it to energy that can be used by our cells. When we chew, saliva gets produced which helps break down the food. You can see why chewing is so important. If you eat too fast and don't fully chew your food, you will have less digestive juices to help the body break down your food when it gets to your gut. When the food arrives in the digestive tract, there are specific enzymes that break it down further. Proteins become amino acids, fats become fatty acids and carbohydrates become simple sugars. All three of these compounds (proteins, fats and carbohydrates) are used as energy sources that travel to our cells.

The energy gets used in the body in one of two ways. It may be released to be burned or it may be stored as body fat or tissue. As the body stores or uses energy, hormones also get released from various glands and organs which help regulate the speed of metabolism.

## Body Typing

Knowing how our own body works can help us so that we can feed it and take care of it the way it will respond best. In many cultures, it is known that there are different body types that determine what food and movement are beneficial for a person.

We can distinguish body types by blood type, metabolism type, personality traits and other methods. While there are a variety of body type theories, one of the oldest and most predominant comes from Ayurveda. The science of Ayurveda is over 5,000 years old and originated in India. Ayurveda means the "science of life" ('Ayur' meaning life and 'Veda' meaning science). Traditional Chinese medicine, Tibetan medicine and early Greek medicine all have links to Ayurvedic concepts. While many see it only as a system of healing, it is truly a way of living that provides daily guidelines on diet, exercise, behavior and overall health.

Each person has a unique combination of three body types, called doshas, defined in Ayurveda: **Vata (Wind)**, **Pitta (Fire)** and **Kapha (Earth)**. This unique combination shapes our physical body and mental and emotional characteristics. Identifying a person's dosha provides clues to how he or she can balance themselves, both physically and psychologically.

# YOUR Body's machine

## Body Type & Your Metabolism

You may have said before that your metabolism is slow. While this is often an excuse for inability to lose weight, our metabolism does directly affect our weight and plays a role in which types of food will work best with our bodies.

If you have a “sluggish” metabolism, there may be certain foods that will work better for your digestive system than for those who have a “speedy” metabolism. The rate at which you process food determines your necessity for fat, proteins and carbohydrates.

For example, if you burn through particular foods, finding that you are always hungry and have an inability to gain weight, you may be a “*fast metabolizer*”. Fast metabolizers do well with higher protein foods and an emphasis on healthy fats.

If you are a “*slow metabolizer*”, you may find that you gain weight easily and have difficulty losing weight no matter what you eat or do. Slow metabolizers often do better with complex carbohydrate-based diets with lower fat.

The rate of metabolism as it relates to your body type can be matched up with your Ayurvedic Body Type. Vatas are generally Fast Metabolizers. Kaphas are Slow Metabolizers. Pittas are somewhere in the middle.

## Determine Your Body Type

Determining your unique body type is a way to discover what food and lifestyle activities work best for you.

The term “dosha” is a Sanskrit word likened to constitution, vitality, body type, and even personality, incorporating all of these ideas into one essence.

**There are three doshas: Vata, Pitta, and Kapha** – each describing one of three universal, generalized types found in people around the world, and also categorizing the nature of their mental, spiritual, and physical state, all wrapped up into one.

**Vata** – Ectomorphic, thin, undernourished types. Low weight, prone to anemia, anxiety, pain, failing digestion, or autoimmunity. May be nervous, yet a highly organized, communicative, and intellectual personality.

**Pitta** – Mesomorphic, athletic, muscular, and medium build. Lose weight with exercise – prone to inflammation, liver issues, and hyperacidity. Energetic, passionate personality with anger being most extreme emotion.

**Kapha** – Endomorphic, hourglass figure, larger build. Puts on weight easily, difficult to lose weight. Prone to heart problems and blood sugar issues. May be of a calm, relaxed, though depressed or melancholic type.

In Ayurvedic practice, it is thought that each individual is some mixture of the above doshas, with one being more prominent above all others and in need of the most balance.

**Take the Dosha Quiz below then consider the Body Type recommendations that corresponds with your results.**

# WHAT'S your Dosha?

## My weight is usually:

- a. Below average
- b. Average
- c. Above average

## My weight:

- a. I can lose weight easily
- b. Stays pretty much the same
- c. I gain weight easily

## My skin is:

- a. Cracked, dry, rough
- b. Soft, smooth, maybe reddish
- c. Clammy, oily

## My hair is:

- a. Dry, brittle
- b. Fine, thin
- c. Thick, curly or wavy

## My least favorite time of year and weather is:

- a. Winter, cold
- b. Summer, hot
- c. Spring, damp

## My hands and feet are:

- a. Cold
- b. Warm
- c. Cool

## My pace is:

- a. Faster than others
- b. I walk briskly when needed
- c. Slow, I walk at a leisurely pace

## I prefer:

- a. Keeping active and moving around rather than sitting still
- b. Physical activities that serve a purpose such as competitive sports or fitness
- c. Slower-paced activities such as yoga or walking or leisure activities

## My appetite:

- a. Varies on a daily basis
- b. I would be hungry if I skipped meals
- c. I like to eat, but can skip meals

## My digestion is:

- a. Fast, easily irritated, I eat quickly
- b. Strong, food digests without a problem
- c. Slow, I eat slowly and digest slowly

## My energy can:

- a. Wear out easily
- b. Is strong and consistent
- c. Is stable and long-lasting

## My body is:

- a. Flexible and thin
- b. Muscular and strong
- c. Big-boned, strong and solid

## If I am stressed, I become:

- a. Anxious
- b. Irritated
- c. Sad, though I don't get stressed often

## WHAT'S your Dosha? (cont.)

### My mood changes:

- a. Often
- b. Depending on circumstances and events
- c. Does not change often

### My attention span is:

- a. Short, I become restless
- b. Moderate, I can focus well on specific tasks
- c. Long, I can work for hours

### Memory:

- a. I easily forget things
- b. My memory is good, I can recall facts easily
- c. My memory is strong, but I learn slowly

### Sleep:

- a. I have difficulty falling asleep and may wake up in the night
- b. I sleep well and get up on time
- c. I sleep like a bear and it is hard to wake up

### I would describe myself as mostly:

- a. Creative, an ideas-person
- b. Intelligent, action-oriented
- c. Calm and Caring

### When solving a problem:

- a. I think of many ideas and may change my mind often
- b. I always gather all of the facts and figures before moving forward
- c. I know what my opinion is and stick to it

### Tasks:

- a. I am a Starter: enjoy thinking of ideas and getting them going
- b. I am Organized: can start and finish a project
- c. I am a Finisher: good at getting things accomplished

### Relationships:

- a. I make friends with ease, I am a people person
- b. Most of my friends are from various jobs and specific connections
- c. I make and keep my friends for a long time

### Money:

- a. I like to spend
- b. I budget and spend accordingly
- c. I prefer saving for a rainy day

### Individual Scoring

Majority of a's: **Vata**

Majority of b's: **Pitta**

Majority of c's: **Kapha**

*Most people are a combination of all doshas, with two predominating ones. Score as a percentage.*

**My dosha type is:**

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## MY DOSHA type: **Vata**

Vata represents the primal element Air and Ether. Vata people can be thin, small-boned, have a low body mass index and find it difficult to gain weight. The positive characteristics of Vata types are that they're sensitive, spiritual, creative and may speak rapidly. They also have a large capacity for abstract thought, and might be talented creative types: writers, poets, artists or musicians.

Their less charming characteristics include the inability to sit still, nervousness, worrying, forgetting to eat, being flighty, tendency toward anxiety, being more forgetful, not being present in the moment, being mentally unfocused, and frequently arriving late. Vata types can also feel completely overwhelmed just by the ordinary routine of any given day.

Physical signs of imbalance in Vata personalities include cavities; dry skin, hair and nails; gas and bloating; and insomnia. Vata people are also cold by nature and do better in warmer climates. If you're a Vata type, you want to nourish your bones, colon and nervous system. You can do this by enjoying warming, lubricating, grounding foods. Heavier foods and high quality fats will help you be more grounded.

Foods you want to avoid include cold foods. You also need to stay away from low-fat diets and raw foods diets. If you're vegetarian or vegan, you need to tweak your diet accordingly to help you stay warm, focused and grounded. Regular and balanced meals are very important.

### Other tips to help balance a Vata Type:

- Forms of weight-bearing exercise are very helpful, such as weight lifting, yoga or Pilates.
- Having a regularly scheduled routine works well for Vatas.
- Getting a lot of rest is important.
- Avoiding stimulants like caffeine.
- Practicing relaxation techniques like meditation are recommended.

### Food List for Vata (*not all inclusive*)

#### Proteins:

- Fish, such as salmon, mackerel, halibut
- Eggs
- Chicken
- Red meat in moderation
- Reduce beans, especially those larger in size as they may be hard to digest for Vatas

#### Grains:

- Brown rice
- Wheat

#### Fats:

- Olive oil
- Butter
- Dairy products such as milk, cheese, yogurt
- Nuts, walnuts, almonds, etc.

#### Vegetables:

- Emphasize sweet and starchy vegetables, such as carrots, beets, potatoes, squash and spinach

#### Fruits:

- Emphasize sweet and heavier fruits, such as apples (baked is best), avocados, bananas, melons, and oranges.

#### Herbs and Spices:

- Cumin
- Ginger
- Cinnamon
- Sea salt
- Cloves



## MY DOSHA type: **Pitta**

Pitta is associated mostly with the element of Fire. Pitta people are medium-framed, muscular and well-proportioned. Pitta people are type A personalities: they're focused, sharp, organized and get things done. They're energized and enthusiastic. The down side of this is that they can be workaholics; they may work until they drop.

Pitta types are easily overheated and dislike hot, humid climates. They have a strong metabolism and don't like missing a meal; they can get cranky if a meal is skipped, and they need to eat often. They do best when their main meal of the day is at lunchtime. Pittas should focus on cooling foods, rather than hot and spicy foods.

Personality quirks include being sassy, critical, being overly competitive, becoming easily agitated under stress, and creating problems that don't really exist when they feel like everything's going too well.

Signs of physical imbalance include perspiration, skin rashes, diarrhea, burning eyes and increased appetite. If you're Pitta, you need to nourish your liver, small intestine, blood, eyes, gall bladder and spleen.

### Other tips to help balance a Pitta Type:

- It's important for Pitta types to be engaged in calm, peaceful relationships.
- Calming and relaxing exercises are also helpful, such as yoga or Pilates.
- Pittas should focus on balancing work and leisure.

### Food List for Pitta (not all inclusive)

#### Proteins:

- Fish
- Chicken

#### Grains:

- Lighter grains such as quinoa

#### Fats:

- Olive oil

#### Vegetables:

- Dark leafy greens such as kale, collards, Swiss chard, arugula, spinach. Sweet vegetables such as sweet potatoes, squash, carrots

#### Fruits:

- Sweeter fruits such as fresh limes, pineapples, berries and grapes

#### Herbs and Spices:

- Sweet spices such as cardamom, cinnamon and coriander
- Avoid hot and spicy like cayenne and pepper
- Peppermint tea is helpful





# MY DOSHA

## type: **Kapha**

Kapha is associated with the elements of Earth and Water. Kapha people are usually large body types, though not necessarily overweight. They may gain weight easily, plus retain water and fat. Kapha types are strong, and they're powerful athletes when they're in shape.

Kapha personalities are stable, grounded, dependable, calm and even-tempered. They are peacemakers and affectionate. On the other side of the coin, Kapha types may lack enthusiasm, hold onto emotions and have a tendency toward depression. They're frequently trying to lighten up – emotionally and physically.

Kapha people are deeply rooted in their bodies due to the Earth element that makes up Kaphas, and they are usually sensual with a robust sexuality. They have a steady, but not overly strong appetite; their metabolism is slower, and they can easily miss a meal without batting an eyelash.

Slow-moving and exercise-resistant captures some of Kapha's physical imbalances. They may also be lethargic, sleep too much, feel dull and sluggish, be overweight and experience frequent congestion. Kaphas have a tendency to have trouble letting go of things in life.

If you're a Kapha, you want to focus on nourishing your stomach, lungs and lymphatic system. Enjoy drying and heating foods; warming and pungent spices; lighter grains and proteins; and ample vegetables.

### Other tips to help balance a Kapha Type:

- Daily, vigorous exercise is important for Kaphas.
- Going to bed early and arising early is helpful for Kaphas, though they tend toward late nights.
- All too often Kapha women want to be Vata women. It's important to remember that curves are sexy! See yourself as the voluptuous, gorgeous woman you are.
- Daily aerobic exercise will help your body burn unnecessary fat.

### Food List for Kapha (*not all inclusive*)

#### Proteins:

- Beans
- Fish
- Chicken

#### Grains:

- Quinoa
- Barley
- Millet
- Avoid grains containing gluten (wheat)

#### Fats:

- Olive oil, sparingly, avoiding higher fats
- Reduce dairy products or consume low fat
- Reduce nuts

#### Vegetables:

- Lots of vegetables, especially green vegetables such as dandelion, spinach, broccoli.
- Less starchy vegetables

#### Fruits:

- Lighter fruits like apples, berries, pears, and prunes

#### Herbs and Spices:

- Warming spices such as pepper, cayenne, and ginger
- Reduce salt



### GET INTO ACTION!

One step I will take to incorporate my body type into my routine is:

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## FITNESS & MOVEMENT you enjoy

Have you ever noticed that when you love to do something, you don't spend time trying to figure out how you're going to fit it into your schedule? Harvey MacKay, entrepreneur, motivational speaker, author, and syndicated columnist says it best when he says, *"Find something you love to do, and you'll never work a day in your life."*

Creating a healthy and balanced lifestyle is about figuring out what makes you happy. The problem is, we forget to give ourselves permission to be happy and joyful. We lose ourselves in all of the advice and easily get confused about who we truly are.

Getting to know yourself is key in making exercise and movement a life-long habit. And this is a key you want to hold.

### What Does Finding an Exercise You Enjoy Really Mean?

Finding an exercise you like and enjoy simply means you're having fun doing it! One question you may want to ask yourself is: *"What type of fitness can I see myself doing for the rest of my life?"*

### What's Your Excuse?

If you find yourself making excuses not to exercise and move, you may not have found your exercise joy. Take notice of when you find yourself making excuses about your exercise routine. Some of your excuses may include:

- I'm too tired to exercise.
- I have too many things to do, I don't have time.
- I'm too old to start exercising.
- I'm not athletic and I'm overweight.
- I don't have the right outfits or clothes to start exercising.
- Exercise is boring.
- The kids have homework.

If you find yourself making excuses, look for ways to turn these excuses right around. For example, if one of your excuses is that exercise is boring, find activities you love to do. If the gym makes you feel confined to small spaces, try taking a walk in nature. If there isn't a trail available to you, look for a track at your local high school. There are often many walkers on the track after school has let out for the day doing exactly what you're looking to do.

If you find yourself saying that you're too tired to move and exercise, go for shorter, lower impact intervals. This is a great way to motivate yourself and fit some exercise into your daily routine.

### Focus on What You Love to Do

If you hate going to the gym, most likely you won't be able to maintain a gym membership and get the most value for your money, no matter how good it may be for you. On the other hand, if you love nature and being outdoors, hiking and playing tennis may be the exact exercise program you're looking for. Design your life and build your exercise routine around the activities and places you love and enjoy.

Exercise and physical activity is a great path to feeling better and finding balance. As a general goal, aim for at least 30 minutes of physical activity each and every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting any new exercise program, especially if you haven't exercised for quite some time, have chronic health problems such as heart disease, diabetes or arthritis, or you have any other health concerns.

# BODY talk

The way we talk to our bodies can be very negative. Whether it's judging yourself as you look in the mirror or wishing you had another body all together, body image can affect us on a deeper level. But what if we learned to love our bodies just how they are and tried talking to our body differently?

### Try these tips for loving your body just the way it is:

- 1. Body Love List:** Make a list of all of the things you do like about your body. Hang it on your mirror.
- 2. Step Off the Scale:** Stop weighing yourself and judging the number. Put your scale away for awhile.
- 3. Dress the Best:** Find clothes that show off parts of your body you love or make you feel great.
- 4. Body Journal:** Keep a body journal and write down everything you say about your body. As you notice negative statements, begin to explore positive statements you could say instead.
- 5. Body Moving:** Get that body moving doing something you love. Don't force yourself to do exercise you don't enjoy, rather find movement that's fun.
- 6. Ditch Your Magazines:** Most magazines have photos of people with "perfect" bodies. Instead, make a collage of people with normal bodies.



## GET INTO ACTION!

One step I will take to improve my Body Talk is...

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# BODY wisdom

*“When we give them enough sleep, exercise, healthy food, and positive, peaceful loving thoughts we are more likely to be in harmony with our highest aspirations. Our body is our refuge and the medium through which our unique message can be channeled. The more we honor our bodies the better able they are to help us with our true work.*

*How you treat your body reflects how you treat the world around you. Today, return to your spiritual practice by remembering that your body is a sacred temple. Sweep out the cobwebs of negative thought. Wash the windows so light can shine through. Bring a flowering thought to the altar of your soul and let a prayer sit on your lips. Wear a beautiful garden of clothes that make you feel good and remind you of your natural beauty. Light the candle in your heart to illuminate your life’s purpose and recognize the lit candle in the hearts of others. In that place of grace and gratitude, we are able to experience the blessings in our own lives and therefore the grace that lives in the world.”*

- Author unknown



## GET INTO ACTION!

**Step 3 – Wellness 360 Body: What is your Wellness 360 Body Goal?**

When will you get started?

Who will support you?