



# WHAT BODY TYPE

## GREEN SQUARE

'Green Squares tend to look quite fit, however they consider their work before their health and take on a lot at one time, which can have an ageing effect,' Manon explains.

### Quick quiz

- Is your general body structure and shape a square or triangle rather than rounded?
  - Are the three zones of your face more or less equally proportioned?
  - Is your body well-proportioned, with broad shoulders that taper to a slender waist?
  - Do you have a medium bone structure?
  - Are your muscles well-formed and sculpted?
  - Do you have a tendency towards having cold hands and feet, and sometimes a cold nose, when stressed or fatigued?
  - Do you have an olive complexion?
  - Do you suffer from digestive upsets, such as irritable bowel syndrome or constipation?
- If you answered 'yes' to most of these questions, you have discovered that your body type may be a Green Square.

# ARE YOU? TAKE OUR QUICK QUIZ BELOW

## YELLOW RECTANGLE

'Seen from a distance, people who belong to the Yellow Rectangle category look tall and slender,' Manon says. 'They also find it hard to gain weight as their metabolism is so fast.'

### Quick quiz

- Do you feel like your bones are thin and light?
  - Are your muscles long, lean and undefined?
  - Is your forehead prominent?
  - Are your shoulders quite narrow and straight?
  - Is your waist thin and narrow?
  - Do you rarely get flushed?
  - Can you eat almost anything you like without gaining much weight?
- If you answered 'yes' to most of these questions, you've discovered that your body type may be a Yellow Rectangle.

*In most of us, one dominant body type does show through, but it comes with a series of secondary characteristics belonging to other types.*

## WHITE CIRCLE

'The general health of a White Circle is good,' Manon says. 'However, if they don't watch their diets they will suffer from obesity because of an inability to properly transform sugars and fats.'

### Quick quiz

- Do you feel your body is mostly made up of curves and round shapes?
  - Viewed from the side, does the roundness of your belly seem to be located directly opposite your solar plexus?
  - Do you feel you have a large frame and relatively big muscles?
  - Do people often compliment you on your delicate, baby-smooth skin?
  - Does your skin often feel clammy?
  - Does everything you eat or drink seem to accumulate in your body for an unusually long time?
  - Do you have very few wrinkles?
- If you answered 'yes' to most of these questions, you have discovered that your body type may be a White Circle.

## RED OVAL

'Red Ovals give a general impression of roundness and when their system is in a state of balance, they have a tendency to be overweight,' Manon says.

### Quick quiz

- Are your bones large and solid?
  - Are your muscles large and round?
  - Is your waist straight?
  - Is your face oval in shape?
  - Are your cheekbones high and well defined?
  - Do you quickly break into a sweat, for example, when you exercise or eat spicy foods?
  - Are your hands and feet warm most of the time?
- If you answered 'yes' to most of these questions, you've discovered that your body type may be a Red Oval.

**WE'RE**  
**New**  
RETURNS  
MONDAY OCTO

# NEW DIET for your body type

## A new approach to anti-ageing and weight loss may be the key to good general health and vitality

**E**ating fruit and vegies, moving your body and getting enough sleep are one-size-fits-all approaches to health. But when it comes to balancing your weight and preserving your looks, Manon Pilon, a guest speaker at the 3rd annual conference of the Australasian Academy Of Anti-Ageing Medicine, found generic health messages miss the mark.

**An individual approach**  
Prevention is a big part of Manon's philosophy and men, women and children alike can follow her advice. 'Becoming aware of your assets and inclinations, and what your body type is predisposed to, is going to help you age better,' Manon says. The four body types she has discovered are Green Square, Yellow Rectangle, White Circle and Red Oval. 'You can then take preventative measures to protect yourself from the diseases you are naturally at risk of contracting,' she says. 'We cannot turn back the clock. But by following your natural path, you can directly influence the working of the cells in your body. You're going to change your outward appearance by changing your interior.'

**New body types**  
To look younger and feel better, you need a more targeted approach. Start by figuring out which of the four categories (above right) best describes your body type. Then you can adopt the most effective health and nutrition program that will help you feel your best.

## TOP TIPS FOR GREEN SQUARES AND YELLOW RECTANGLES

Since their bodies are noticeably angular, Green Squares and Yellow Rectangles can be grouped together. Neither group carries extra weight, their shapes aren't rounded and they're smaller-framed.

**GROUND RULES**  
When you wake, drink a glass of filtered water at room temperature, with a little lemon zest. Once or twice during the day, drink a herbal tea such as ginseng, mint or ginger.

**WHAT TO EAT**  
Here is a typical meal plan for a day.  
**Breakfast:** Have a cereal made of wholegrains, or oatmeal; an hour later, drink half a cup of soy milk, or a glass of orange juice. Then have some berries, such as blueberries or raspberries.  
**Lunch:** A salad, composed of fresh, bright green leaves, with an olive oil dressing; one slice of low-fat feta or goat's cheese; a small piece of chicken; plain yoghurt. Dessert, an hour later, can be a brightly coloured fruit.  
**Afternoon:** Drink four to six glasses of water, and at about 4pm eat a banana or nuts.  
**Dinner:** Carrot or vegetable soup followed by tomato-based pasta sauce with fresh salmon or chicken. Have colourful vegies as a side dish - the antioxidants they contain are important.



**EXERCISE**  
■ Do cardiovascular exercise, such as working out on a treadmill or bicycle, for 20 minutes three times a week to push your heart rate up to 60 per cent of the maximum rate.  
■ For 20 minutes, three times a week, train with light weights. Yellow Rectangles' muscles do not need a lot of mass to become very strong, resistant and firm.  
■ It is generally recommended that Yellow Rectangles do activities that will make them slow down and breathe, such as meditation, relaxing visualisation or yoga.  
■ When surrounded by water, Yellow Rectangles feel reassured and relaxed. This makes aqua-aerobics a great choice.  
■ Green Squares love activities in which they get together with friends.  
■ Riding a stationary bike is the kind of activity a Green Square would enjoy and do regularly.  
■ Add muscle-building exercises with weights, but do not let a session last more than 20 to 45 minutes, and do not do more than three sessions per week.  
Always consult your healthcare professional before you start a new diet or exercise regimen.



## TOP TIPS FOR WHITE CIRCLES AND RED OVALS

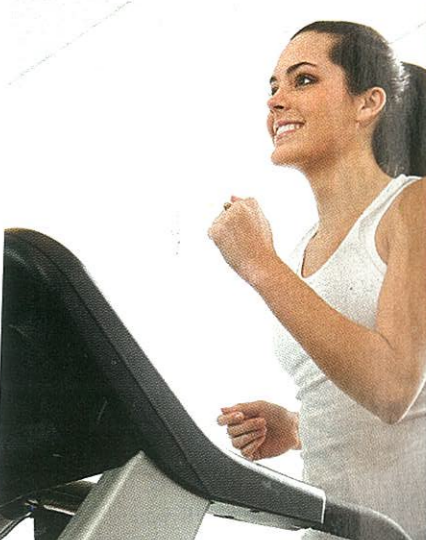
Since both of these body shapes are rounded, with no straight lines or sharp angles, White Circles and Red Ovals are grouped together.

**GROUND RULES**  
Once or twice a day, drink either ginseng herbal tea, green tea, or hawthorn flower tea instead of coffee. When you wake, drink a glass of filtered water with a little lemon zest.



**WHAT TO EAT**  
Here is an example of a typical meal plan that would benefit White Circles and Red Ovals.  
**Breakfast:** Eat colourful fruits and rye bread.  
**Lunch:** Fresh chicken or wild salmon; green vegetables. Avoid cheeses.  
**Afternoon:** Drink four to six glasses of water; at about 4pm have a snack, preferably of raw fresh vegetables such as celery or zucchini.  
**Dinner:** White meat and vegetables. An hour later, have some fruit or yoghurt.

**EXERCISE**  
■ Red Ovals should try to do 20 minutes of cardiovascular exercise at a brisk pace, for example on a treadmill or on a stationary bike.  
■ Afterwards, lie on your back with your legs straight up against a wall and rest without moving for five minutes. This will help the blood flow back towards your heart.  
■ Three times a week, for 20 minutes in total on each occasion, work on stretching and building your muscles.  
■ For White Circles, the home is the best place to work out, ideally with another person.  
■ Walking is a great option, whether you're power walking or moving at a normal pace.



For information on preventative health, please call (03) 9813 0439 or visit [www.a5m.net](http://www.a5m.net).