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This is the final article in a series of three that look at body shapes. This week, we look at exercises to focus on for the different body shapes.

Work that body shape



It is not a secret anymore that a good diet these days isn't enough for good health. A good diet must go hand in hand with regular exercise to ensure that we enjoy a healthier and better quality of life.

Every man and woman has a different body shape, meaning each develops different levels of body fat and muscle mass, and has strengths in different parts of the body.

Read on to find which exercises you would enjoy and benefit you most, according to your body type!

The pear-shaped body

Because of your larger lower body, you are probably tempted to work the area around your bottom by doing exercises such as squats or using the bike, but this may make your bottom bigger!

Pears typically have excellent flexibility and are good with sports or movements that require lower-body strength and coordination. They also typically shy away from sports that require upper-body strength because of their weaker upper bodies.

Try salsa dancing for a change, and maybe kick-boxing or rock climbing if you are adventurous! This is sure to add fun to keeping fit and helps you stay feeling and looking good as well.

The apple-shaped body

Yoga and pilates make great workouts for apple-shaped bodies as they need strong abdominal core and back to support their typically heavier upper bodies. This will guard against bad posture as they age as well.

Because of upper body strength, pears find that they excel and enjoy sports that require upper-body power and speed. Add in the weekly tennis or swimming to



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your routine!

For the women, Pilates will help to develop your core area and tone the midriff.

Exercises such as kayaking or playing tennis will tone the waist through their torso-rotating actions.

Men with apple-shaped bodies bulk up with ease at the gym, so be cautious not to over do it or you may end up looking out of proportion.

Switch from heavy weights to lighter ones when they work out and focus more on their lower bodies.

The ruler body

Because of their naturally lean bodies, rulers sometimes make the mistake of putting exercise last on their list, thinking that exercise is just for losing weight and they don't want to lose anymore weight.

Rulers will benefit from regular cardio workouts like dancing, jog-

ging or any form of sport that keeps the heart running at its best.

Rulers do not have the easiest time building muscle mass, so it's vital that they do not allow that muscle mass to fade.

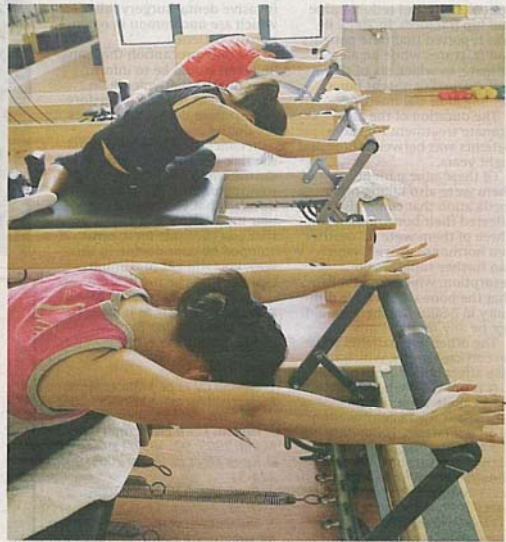
For women who want a more developed lower body, you can add bulk to your bottom and legs by doing squats and lunges using weights.

The hourglass figure

Hourglasses are fortunate because they typically have strong bones and good muscle tone and are less susceptible to osteoporosis than other body types.

For very slim hourglasses, jogging or running can be enjoyable, but for not for the heavier hourglasses.

Their problem areas tend to be the backs of the upper arms, the inner and outer thighs and the saddlebag region (just below the hips on the outside of the upper thigh).



Yoga and pilates make great workouts for apple-shaped bodies as they need strong abdominal core and back to support their typically heavier upper bodies.

Some hourglasses put on weight easily in both upper and lower regions and must be very careful not to add weights or resistance to their workouts.

The best way to burn off excess calories or fat is through cardio-focused exercises, such as running, cycling and swimming for 30-40 minutes three to four times a week.

Remember, adopting an exercise

that you enjoy and eating healthy will help you feel good whatever your size.

Having a strong sense of self worth also provides the basis for making rational and affirming decisions about your health. Remember – you can't change your body shape, but you can change the way you feel!

■ This article is courtesy of Jacob's.

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