

Health Hints

One Size Does Not Fit All: What's Your Exercising Body Type?

(NAPSA)—Are you a spoon, ruler, hourglass or cone? Fitness experts say knowing and understanding your body type plays an important role in the specific exercises that will make you fit and feel good.

Because everyone's body is built differently, experts say that exercise programs should be, too. "For years many people have tried to maintain their fitness level with cookie-cutter exercise routines," said Edward Jackowski, fitness expert and author of "Jump Into Fitness," "Escape Your Weight," "Escape Your Shape" and "Hold It! You're Exercising Wrong." "The reality is that with the wrong exercise for your body type, you may actually be bulking up problem areas instead of minimizing them."

Jackowski offers the following suggestions on how to determine body type* and the best exercises for each:

Hourglass—A curvaceous and balanced body with the majority of weight evenly distributed in the upper and lower body. A few suggested exercises for this body type include jumping jacks, jumping rope, elliptical machines with no resistance, and jogging or running slowly for distance.

Spoon—Carries majority of

weight in the hips, thighs and buttocks and is more slender in the upper body. A few of the best exercise options for this shape are riding a stationary bike with light resistance, ski machines with light resistance for lower body and high resistance for upper body, and marching in place on toes.

Ruler—Has very few curves and is built straight up and down. Tends to put on weight around the midsection. The best exercises for this body type are step classes, spinning, stationary biking with moderate to high resistance, and walking, jogging or running on an incline or hilly surface.

Cone—The majority of body weight is carried in the back, chest, arms and stomach and the body is slender from the hips down. The best exercises for this body type are biking, squats, lunges, leg presses, stair climbers and stationary biking with moderate to high resistance.

Equally important to knowing your body shape is incorporating proper nutrition and eating habits into an overall healthy diet. Each of Jackowski's exercise programs include tips on ways to improve your eating habits, no matter what your body shape is.

"By identifying your body type

Tips For More Healthful Eating

- **Slow Down.** It takes 20 minutes for your brain to receive the message that you're full. You can slow down your meals by taking time to chew every morsel, putting your utensils down between bites and drinking plenty of water throughout the meal.
- **Record It.** Keep a food journal to evaluate your eating patterns. Becoming aware of your food habits is the first step to changing them.
- **Plan Ahead.** If you can't eat a meal, don't skip it. Snack bars such as ZonePerfect Nutrition Bars are a convenient way to provide the nutrients needed when you don't have time for a meal or want a quick snack. Stock up and keep a few on hand so that you have them when you need to fuel your busy lifestyle and eat right while on the go. 

and incorporating the right exercises into your daily routine, and making sure you get the right amount of calories and nutrients, you'll be on the way to a better you," said Jackowski.

For more information, visit www.ZonePerfect.com.

*Edward Jackowski's Hourglass, Spoon, Ruler and Cone body types and their corresponding fitness prescriptions are trademarked and patent-pending.