

Navigating the New Normal

Phase 1 Week 1

Body Type

Welcome:

BE the State of Wellness you LOVE with comfort ease and FUN!

Navigating the New Normal is the pathway for a Vibrant Healthy Body. Whether you are maintaining your weight loss or current weight OR find that you have gained a few during home shelter. This program was designed with long standing results in mind. When we educate, investigate, and experiment, we learn HOW to take care of our body so that it lasts the length of time and amount of years to live our BEST life.

Set the Stage: Rebuild the Body/Soul Relationship

Trust. Do you TRUST your body? Do you TRUST you with your body?

Do you KNOW your body? DO you KNOW the type you have? Do you know your Blood Type? Do you know your Blood Levels?

These answers will let you know if the movement and food you take in are beneficial for your body.

Every sign that doesn't feel right in your body is a signal that something is up. That there is something that needs to be addressed.

Take on a Personal Relationship with your Body

Recognize and understand your body type so nourishment becomes an adventure instead of a chore. There is no one size fits all and you can be a combination of the different anatomies and your body type can shift based on lifestyle, activity, and diet modifications. However, knowing where you fall will give you a better understanding of how your body functions and how or what it responds to more effectively and achieve your personal wellness and fitness goals.

- Body Types – both somatotypes and Ayurvedic Body Types
- How to Eat for your Type
- Exercise & Movement

[Somatotyping](#) is a classification system that was developed in the 1940s by psychologist, William Herbert Sheldon, to categorize the human body into three loose groupings, or somatotypes.

Somatotypes is a combination of musculature, bone structure and density. These characteristics are unchangeable and genetically determined. These cannot be changed with exercise or weightlifting. You can, however, bring a greater visual balance to the body through exercise and movement.

Body Types:

Ectomorphs: Usually have long, lean bodies and have a fast metabolism. They often have a hard time gaining weight and muscle.

Mesomorphs: Naturally muscular and have the ability to lose weight or gain weight easily. They're often described as having athletic builds.

Endomorphs: This group is usually characterized by a larger bone structure. They generally store up fat easily and often struggle with weight loss.

Every human body - a combination of at least 2 of these.

All Body Types AVOID:

Fried foods, trans fats, low quality dairy, commercial baked goods, and hydrogenated fats.

ENDOMORPH

- Frequent small meals
- Eat slowly
- Drink plenty of water
- Eat high protein, healthy fats and Fiber for lasting satiation
- LOW Carbohydrate (grain) intake.

Activity:

- 30 min of aerobic activity 5 days a week
- Weight training with muscle building in mind to increase muscle to burn more calories at rest

MESOMORPH

- MNB Meals
- Low grain intake

Activity:

- A balance between cardio and resistance activity.

ECTOMORPH

- 3-6 meals a day
- Snacks – nutrient dense/calorie dense foods like nuts, seeds, dried fruit, starchy veggies – healthy fats are your friend
- MacroNutrient Balanced meals

Activity:

- Cardio activity to a minimum
- Focus on weight training

The top 6 inflammatory Food Categories:

None of the body types can process large amounts of the following:

- Corn
- Soy
- Gluten
- Dairy
- Sugar
- Caffeine

It is in favor of your body to eliminate these from your daily eating protocol. Do the best you can each day.

Ideas of how to work with inflammatory foods:

- Eliminate all of them for 30 days
- Give yourself permission for an occasional enjoyment
- “I can have it anytime I like, I just do not want it right now.”

Food Journal Benefits – same as we discuss in NY90.

Everyone processes food differently, no matter your body type.

For sensitive Digestive processes, consider investigating:

- Keep a food journal that is detailed – see example – know, understand and honor which foods digest best. Consider looking at your blood type – blood type and body type are interconnected.

Balance is key – emotional, mental, physical and spiritual – Food, Stress (from all factors), amount of activity and personality affect one's health balance. The way one responds to life experiences is one-part personality code and one-part health balance.

When you are in alignment with the food you choose to eat, movement your body responds to and management of stress in your life, you will live in balance.

Product Focus: OSOLEAN

Product Highlight: OsoLean

Start your program off right with OsoLean® whey protein supplement that helps you sustain a high metabolism and body strength.* Fight flab and maintain lean muscle with our clinically-proven and delicious and all-natural OsoLean powder—it helps you lose weight while maintaining lean muscle and improves your lean mass-to-fat ratio.

Benefits:

- Helps promote fat loss while maintaining lean muscle.*
- Helps improve lean mass-to-fat ratio.*
- Increases your protein intake to support a healthy, balanced lifestyle.*
- 10 grams of protein to help you feel full.
- 45 calories per serving gives you control over your diet.
- Nutrients your body needs, including 225 milligrams of calcium from milk.
- No fillers, artificial colors or flavors, synthetic additives or sweeteners.

FUN FACT: According to the American Journal of Clinical Nutrition, high-quality proteins are more satiating than either carbohydrates or fats, and they may have the ability to improve the body's metabolism!

Ayurvedic Body Types (Doshas) –

A brief introduction: from the Ayurvedic Institute(ayurveda.com)

<https://www.ayurveda.com/resources/articles/ayurveda-a-brief-introduction-and-guide>

Ayurveda places great emphasis on prevention and encourages the maintenance of health through close attention to balance in one's life, right thinking, diet, lifestyle and the use of herbs. Knowledge of Ayurveda enables one to understand how to create this balance of body, mind and consciousness according to one's own individual constitution and how to make lifestyle changes to bring about and maintain this balance.

Each person has a combination or pattern of physical, mental and emotional characteristics.

Vata:

- changeability, unpredictability, variability - in size, shape, mood, and action
- moody, enthusiastic, imaginative, and impulsive, quick to grasp ideas and good at initiating things but poor at finishing them.
- energy fluctuates, with jagged peaks and valleys, able, tolerant, comfort-loving, peaceful
- slender with prominent features, joints, and veins, with cool, dry skin
- eat and sleep erratically
- prone to anxiety, insomnia, premenstrual syndrome, and constipation.

General guidelines for balancing vata:

- Keep warm
- Keep calm
- Avoid cold, frozen or raw foods
- Avoid extreme cold
- Eat warm foods and spices
- Keep a regular routine
- Get plenty of rest

Pitta:

- relatively predictable.
- quick, articulate, biting intelligence, and can be critical or passionate with short, explosive tempers.
- Efficient and moderate in daily habits, eats and sleeps regularly
- medium build, strength, and endurance.
- well-proportioned and easily maintains a stable weight.
- Often fair haired, red or blond, ruddy complexion.
- tends to perspire heavily and are warm and often thirsty.
- prone to acne, ulcers, hemorrhoids, and stomach ailments.

General guidelines for balancing pitta:

- Avoid excessive heat
- Avoid excessive oil
- Avoid excessive steam
- Limit salt intake
- Eat cooling, non-spicy foods
- Exercise during the cooler part of the day

Kapha:

- relaxed
- slow to anger, slow to eat, slow to act. They sleep long and heavily.
- tends to procrastinate and be obstinate.
- solid, heavy, and strong, with a tendency to be overweight,
- slow digestion and somewhat oily hair, and cool, damp, pale skin.
- prone to high cholesterol, obesity, allergies, and sinus problems.

General guidelines for balancing kapha:

- Get plenty of exercise
- Avoid heavy foods
- Keep active
- Avoid dairy
- Avoid iced food or drinks
- Vary your routine
- Avoid fatty, oily foods
- Eat light, dry food
- No daytime naps

Eat Right for Your Blood Type

Eat right for your blood type – app is helpful

- O type – meat eater – no grain, aerobic activity – choose activity when stressed or anxious
- A type – lighter meats, vegetarian base - calming exercise (yoga, tai-chi, deep breathing exercises)
- B type – Greek based foods – goat lamb rabbit, green vegetables, eggs, low fat dairy – visualization and meditation – mind/body balance (martial arts, tennis)
- AB type – vegan eating protocol works best – low stomach acid tends to be the cause of fat storage from undigested meats – seafood is best for AB – balance of calming activity and aerobic activity

Announcements:

- 3 phases and 4 classes to each phase
Reset, Revitalize and Renew.
- Monday nights at 6:00 pm via ZOOM
Register thru EventBright
- Replays available next day on allaboutmannatech.com
Ashly Torian Courses Tab
- Course Tracker – fill out each week to keep tabs on your progress.

HomePlay

- Research Body Types, Auyveda Types, and Blood Type Diet
- Discover your Type in all 3 areas
- Expect a combination
- Write out some guidelines learned from them that will aid you in your endeavor to living healthy w Vibrancy.
- *PRACTICE BE-ing in the State of Wellness you would love to live inside of.*