

Personalized Patient Fitness By Body Type

by Dr. Bill Hemmer



Now that resolution season is winding down, most people are falling back into their old habits. Health clubs are back to their normal population and for most, the New Year motivation gusto has waned. However, you can help your patients power past old habits and establish new ones to help them look better, feel better, and live longer. By creating a personalized fitness strategy, based on identifying each patient's fitness body type, you can empower them with new awareness, energy and freedom to achieve their goals, and help change their long-term health and fitness picture.

There are 5 body types, and these are based on an individual's stress handling ability and their endocrine system. Each body type drives fitness metabolism differently, and deserves to be properly identified, based on their unique endocrine system and stress response, in order to make the best possible fitness choices. The 5 different types are: Adrenal, Gonadal, Pituitary, Thyroid, and Liver.

Each of us has characteristics of all 5 types but an individual is usually dominant in one or two. Another extenuating factor is how well each person is handling their current overall stress load. If they're not handling their stress load well, their level of fitness will never really improve until their ability to handle stress improves.

The Adrenal Body Type is found in both men and women, and their adrenal health will dictate their ability to begin and continue any fitness program. If a person is in poor adrenal health, their brain will write checks their bodies can't cash; in other words, low amounts of cortisol and unstable blood sugar levels will keep their cardiovascular workouts to a minimum. They have no energy reserve and will struggle greatly to recover from an intense workout.

Because of this inability to recover easily, low cortisol levels will also limit their amount of strength training. Cortisol is the strongest anti-inflammatory hormone in the body, and low levels lead to large amounts of inflammation, and also a lack of flexibility because increased

inflammation leads to increased scar tissue formation.

The Gonadal Body Type approaches fitness in a totally different way. This body type is predominately female but males are increasingly common. They all want to eliminate excess fat in their hips and thighs, or get rid of their man-breasts. Fat deposits in these areas lead to more health club visits than any other single problem. And estrogen dominance helps or hinders fitness more than any other factor these body types are currently facing.

Up to 80 percent of women and up to 50 percent of men have too much estrogen compared to the amount of progesterone they produce in their bodies. This affects their fitness routines because estrogen produces growth in both muscle and fat. Lower intensity and longer duration cardiovascular workouts, such as walking and swimming, usually work best because they are low-impact and burn fat. Quite often women who begin a muscle strengthening routine will actually gain weight and inches, and this is not at all what they're after. Gall bladder issues are another challenge because estrogen makes bile sluggish and slows the metabolism of fat. This could be a probable cause of their inability to lose weight and inches.

The Pituitary Body Type is also found in both men and women. Their approach to fitness again depends on the overall stress they are under. If the pituitary gland is fatigued, their ability to begin and maintain a fitness program is very poor. The pituitary gland produces growth hormone, and if a person is not producing ample amounts of this hormone, muscle building cannot occur and fitness will not improve.

Growth hormone also plays a role in cardiovascular health and flexibility. Proper heart muscle repair and tone is directly affected by growth hormone production, as are joint integrity and lubrication. Without proper growth hormone production from the

pituitary gland, these areas of any fitness plan will be very difficult to maintain long term.

The Thyroid Body Type is found predominantly in women, and their ultimate fitness goal is usually esthetics-based. These individuals want their skin to look better; they want to build and tone their muscles, and defy the aging process as best they can. The biggest challenge they face is the ability to metabolize protein for muscle building. Also, they must follow an extremely focused diet to benefit from any fitness routine.

The thyroid hormone sparks mitochondrial metabolism and the burning of fats, proteins and sugars for calories. If a person is experiencing thyroid hormone resistance or fatigue, the energy available for a fitness routine just isn't there. This can lead to subcutaneous collagen being resorbed to burn as fuel during exercise and causing pitting of the skin called cellulite. There is not a woman on the planet that wants this to happen, so this body type needs to really be in tune with their nutrition to avoid this pitfall.

The fifth body type is the Liver and is found in both men and women. There are 2 major obstacles to fitness that the Liver Body Type must overcome. The first is the excess amount of body fluid that accumulates because of their toxic overburden. The second is this body type's inability to properly metabolize fats and carbohydrates.

The liver is the main detoxifying organ in the body. When it is overburdened or in a state of fatigue, excess fluid, known as ascites, begins to accumulate in the lower abdomen. And as the liver "sweats" the cardiovascular system is put under more stress because of the increased fluid volume, and consequently the ability to successfully perform a fitness program is compromised.

When the liver is under stress, its ability to effectively metabolize fats, proteins and carbohydrates is also reduced. This decreases the likelihood of this patient starting and then staying with a fitness program long term. However, once proper liver metabolism and detoxification is restored, fitness often results in dramatic physical and mental changes because fluid is quickly excreted and energy metabolism is restored, leading to smaller clothing sizes and happy smiles.

The days of eating less and working out more, as standard advice from healthcare providers, are long gone. Once you're able to identify and provide each individual patient with a personalized blueprint for success in their fitness journey, your entire practice picture will change for the better. Your awareness of each of these body types will help to regularly attract all of these different types of patients to your practice, and your ability to help make dramatic improvements in their fitness and wellbeing will be that much better as well.

About The Author: A Logan graduate, Dr. Bill Hemmer practices in Tuscola, Illinois. Contact him at DrBillHemmer@hotmail.com.



Looking For An Alternative?

Call 630-665-3113

- Great Cash Business
- Instant Smiles!

Comfo-Arch

Only \$7.50 per pair

A molded featherweight orthotic

- Excellent for sport, work, casual and dress shoes
- Deep heel cup for great hind foot control
- Sized XS, S, M, L, XL



Prothotics™ Motion Control

Only \$15.00 per pair

Great choice for

postural alignment

- Metatarsal rise and heel cup
- Structural stabilizer to prevent pronation and rolling ankles



Powerstep® ProTech

Only \$18.10 per pair

Strong polypropylene shell

- Prevents over pronation to properly align the foot and reduce associated ankle, knee and lower back pain
- Stabilizing heel cradle and Comfort Cushion™



Bintz Company

A family business for over thirty years

www.bintzco.com/chiro

630-665-3113

