

What your Body says about You

Written by Nadine Toren

[Television](#) personality and AZfoothills.com columnist Nadine Toren is scouring the area, finding savvy Valley features, bringing readers “on the scene.” Every day she'll introduce you to [celebrities](#), athletes, and give you an inside look into local events and hot spots. She'll touch on topical issues, and keep AZ fans posted on all the big talkers around town.



You don't have to be a Libra or Aires to determine this sign. Turns out, your body type has a lot to say about your physical well-being.

You have an astrological sign. You have a number. You're either the Year of the Rat, Ox, Tiger, Rabbit, etc. And now, you have a type—a body type representing your physique and health.

Introducing the three groups bound to give you a whole new outlook on your bod. They sound quite scientific—ectomorphs, mesomorphs, and endomorphs; but they carry a whole lot of meaning.

“Things like astrology can offer advice on your well being, but these are categories backed by research helping you improve your health,” said Dr. Thomas Tuzzolino, owner, North Scottsdale Family Chiropractic.

Dr. Tuzzolino spends his days doing things like acupuncture, physiotherapy, and nutritional counseling--all treatments reducing your chance of developing pain and illness. However, he says the first step to your physical well-being is understanding your body and the health hazards you're prone to.

“Each body type has their own problems. If you're familiar with these, you can prevent them from occurring,” he said.

So let's break it down, beginning with long, lean babes—the ectomorphs. This category consists of your typical supermodel; in addition to ballet dancers, figure skaters, and long-distant runners. Because of the ectomorph's skinny physique, Dr. T says they're prone to strain and sprain injuries. And it's easy for these injuries to reoccur if the ectomorph doesn't take enough R&R to recover.

“Ectomorphs need gradual and consistent exercise. They need to be extra careful when it comes to their ankles, knees, hips, and elbows. They really shouldn't rush their work-out.”

So if you sport this savvy physique, Dr. T. recommends ectomorphs practice an array of exercise, like a Cross-fit class. That type of thing will ensure a full body workout.

But if you're a mesomorph, things are quite different. Dr. T. says these guys are quite robust and heavily muscled—typically football's running backs, linebackers, and safeties. Take Serena Williams, for example.

“Mesomorphs are the safest of the types. They're well protected because they have a lot of muscle.”

That's why the doctor simply suggests habitual stretching.

Last but not least: the endomorph. Dr. T. categorizes this group as fairly fatty, with a greater body mass focused on a specific part of the body, like Oprah.

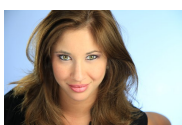
“There are two types of endomorphs. Apple-shaped endos carry their weight in their abdomen, while pear-shaped endos carry their junk in the trunk, per se.”

Endomorphs are typically engaged in sedentary jobs, and unfortunately are prone to things like heart disease and diabetes. So that's why Dr. T. says it's a good idea endomorphs hit the gym, burning fat via routine cardio.

The good news: chiropractic care provides benefits to persons of any body type...the buzz-kill: these types are, for the most part, genetically based. However, anyone has the capacity to get in shape, so honor your personal haven and take your health into your own hands.

For a sweet deal on Dr. T.'s services, visit: www.doozyofadeal.com. But do it quick—this steal expires 7/28/11.

And for more information, check out: www.nsfamilychiro.com.



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