

EPISODE 6

[INTRODUCTION]

[0:00:01] AS: You know battling food and your body doesn't work. You want to love and accept yourself. And because you're insatiable, you want results too. And wouldn't you know, you bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on this beautiful and wondrous planet Earth.

Fair warning, it will be a rollercoaster. But for those insatiable, that's your prime time to thrive. We're here to say "YES!" to the hunger of wanting it all. I'm your co-host, Ali Shapiro, a health coach who helps people end the losing battle of dieting and find a truce with food.

[0:00:44] JB: And I'm Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[EPISODE]

[0:00:53] AS: Hello and welcome to episode 6 of the Insatiable Podcast, How to exercise for your body type. Today, I am going to be taking the interview role to interview Juliet on some common questions I hear from my clients and I myself have right now about exercising, figuring out what exercise type works best for your body and then clearing up some confusion and overwhelm that often leaves people taking no action at all.

So that's what we've got on track for you today. So Juliet, I am so excited to interview you because as we were saying in earlier episodes, my resolution or intention this year is really to be more active and the other day, I switched gyms and it was 7:30 in the morning, it was snowing outside and I was up walking to the gym and I was like, "Who am I?"

[0:01:49] JB: Awesome.

[0:01:50] AS: Yeah and I was thinking about, I think it was Episode four or our New Year's resolution episode about how you have to change your identity a lot of times, thinking of yourself differently and it's funny, I used to be really into exercise when I was in high school and college.

I would exercise first thing in the morning. I was obsessed with it because I was overeating and then I went to this phase where exercise was important but I would do it, I wasn't gripping it so hard.

[0:02:19] JB: It wasn't attached to guilt anymore. So it could be a little harder for some people to actually do exercise if there's not a goal attached to it and you know you're just doing it because it's healthy for you.

[0:02:28] AS: Yeah and I feel like I almost had to swing the other way. I definitely have been relatively consistent but I've been also consistently inconsistent but now I'm back to this phase where I'm like, "Oh my God who someone in the winter," now granted, I love winter more than summer but at least when it comes to moving my body because in summer, I'm just overheated.

But I was like, "Who am I?" and so now that I'm back into it which I was doing in it in the later part of the year but I took a little break in December because my arm was hurting but I have an awesome client who is a physical therapist, gave me some exercises to fix that along with my amazing rebel desk, my standing desk that I love, I'm back in it. I'm in it. I don't have any injuries right now and all that stuff.

So I was like okay, now that I am doing all these stuff, I wanted to ask you some major questions that I am also hearing my clients talk about with their own exercise routine because to your point, we all have different motivations. Some people are trying to lose weight, some people are trying to tone, some people just want to work out their heart or whatever it is. So I'm excited that you're going to be in the hot seat today, are you ready for it?

[0:03:35] JB: Yes, I'm ready. Go for it.

[0:03:37] AS: Yeah, all right. So the first thing I wanted to talk to you about is I have noticed in my practice when it comes to nutrition that I call people — I help people figure out the right macronutrient combinations with them by figuring out what I call if they are slow, a medium or a fast burner. Meaning the slow burners tend to do better with the vegan vegetarian diets.

The medium burners tend to do better with a Mediterranean like diet and then the fast burners tend to do better with like paleo, ketogenic with obviously some variation in between but it's a great place for people to start figuring out what works best for them and so I was wondering in that same vein, have you noticed that different body types respond different to different exercise types? And I ask this because in high school and in college, I used to run five or six miles every morning.

I was super skinny in high school and college was all over the place but in high school, I was really thin but looking back on that, there was so much terror in not running and then I was also exhausted afterwards. Versus now, I find I do really well with energy and also my appetite doesn't go through the roof when I'm doing more strength training in shorter intervals, not like the long running type. Yet I know some of my clients they love running, they feel amazing after it and so I'm just wondering what's up with that?

[0:05:12] JB: Yeah, just to your point about food and you're looking at the slow, medium and fast burners, there is definitely a correlation between body types and exercise and what exercise type is going to be a better fit for people and we can actually kind of equate it to the slow, medium and fast burners. In the fitness world, we like to talk about the endomorph, mesomorph and ectomorph body types.

The endomorph body type is usually a heavier set, higher body fat, they have poor propensity towards weight gain and holding on and storing weight. The mesomorph is usually a more medium build, a lot more muscle tone naturally to their body and they have a tendency when they put their mind into it they could lose weight fast or they can also gain weight fast or they can maintain if they're doing the right things with their diet and exercise, a very muscular lean physic.

You would see a lot of body builders have that mesomorphic body type and then the ectomorph is think about your marathon runner. Those who are naturally on the much more thinner side. It doesn't necessarily mean they're lean meaning they don't necessarily have a ton of muscle tone but they're very thin and they can do a lot of endurance work and all of that.

And then I think I was talking to you about this earlier before we started the podcast Ali, that the whole endo, meso, ectomorph correlates a lot to different cultures too. In eastern medicine, there is Ayurvedic medicine and there is something called the Vata dosha, the Pitta dosha and the Kapha dosha and if you think about the body types that they're describing, they're pretty much exactly on point with what I was saying in western culture with the endo, meso and ecto.

We're going to throw out a lot of words today but — and take it with a grain of salt to an extent to those of you who are listening. There is never any real major concrete like, "This is the truth," as far as scientific evidence goes but I think there is validity to it if you are looking at all of these different western and eastern philosophies that they're all saying something similar. It's like, "Hmm, well, there does seem to be something to it," you know what I mean?

[0:07:32] AS: Yeah but one of the challenges though that I find with western science is they tend to look at a bell curve instead of looking at bell curves within bell curves. So none of us has or I don't know anyone who has a bell curve health experience overall, right?

[0:07:51] JB: Yeah, for sure.

[0:07:52] AS: And so that by itself means that there's all these variables so that's a whole other topic but yeah. I think it's really fun. For our listeners to get a sense, you can take free courses online to figure out what your Ayurveda type is but pretty quickly, the Vata people who you're corresponding to the marathon type runners, they tend to be the long and live Yoga instructors and that same body type, they tend to be associated with very creative and...

[0:08:27] JB: Airy.

[0:08:28] AS: Yeah and the winter season that we're in right now.

[0:08:32] JB: And yet I've seen so many marathon runners that they are super type A, not creative and not airy. It's like you cannot take it so large.

[0:08:41] AS: Well but then there's your body type and your mental type too and then there's the Pitta people which Juliet and I are, which are more of the muscular type, I think average

build, type A personalities in general and also, a lot of my clients are this way. I found the secret society of people who hate the summer humidity. I thought I was the only person but it's like a lot of my clients feel the same way.

[0:09:06] JB: I know and I say like now with Philly getting so humid, I'm like, "Well, if I wanted to live in Florida, I would. Like why am I living in Philly, it's the same." It feels exactly like it does in Florida now as the climate is changing. The humidity here is just going up and up and up every year. So for Pittas, it's a torturous season for us.

[0:09:29] AS: Totally, yeah they predict in 10 years Pittsburgh will be the similar climate to Washington DC and I'm like, "Oh my God," because when Carlos and I first met, he was living there and their summers were awful. I was like, "Oh, this is like swamp," but we'll worry about that in 10 years but the Pitta people tend to be, I guess, I forgot the exact term you used but they're the medium burners.

Mediterranean diet but they can go, go, go often but they're bad at recognizing that they can go low and they can just drop and fall. And then what you were describing as the Kapha or I guess the bigger boned, has the tendency to gain weight is I guess equivalent to the Kapha in the Ayurvedic medicine. Kapha people, emotionally everyone like them.

They're very easy to get along with and then they do have the bigger build of the body types. So you can also be though, like we were saying, a physical type of one and then mentally another but to really think about your physical type.

[0:10:34] JB: Yeah, that's what we're talking about today. It is the physical type.

[0:10:37] AS: Yeah, now here's my question though with this and you're right, take it with a grain of salt, but how do we know what we are truly versus maybe what we are because we forced ourselves to think that running is who we are or we think that we gain weight very easily because we're eating the wrong types of food and stressed out.

For someone who is like, "Alright, I want to make sure I'm working out relatively," or at least, is there anything that you noticed in people's natural preferences? Like if they "shove the should's"

like, “I should be getting in flexibility, strength and cardio,” rather than thinking about that stuff, is there anything that either of the types gravitate towards or they find makes them feel really good?

[0:11:25] JB: Yeah, that’s a great question. Well, I typically will really interview a client and will ask them to date back further into their late teens early adulthood to see what their body type was like then because you are asking about if they changed their body type doing a certain exercise but we all have a propensity towards something and we have an all knowing of what that is.

I’ve always known since I was younger that I have a propensity towards being more muscular even when I much younger in my teens. My leg muscles are way bigger than everybody else’s, you know? You just kind of know that or if you’re really thin and you are always underweight growing up, you know those things earlier on.

Then, a lot of times I’ll have clients who will say to me things like, “I hate running but I make myself do it because it works.” That is my indicator of like, “You’re not a runner,” you know what I mean? “You hate running so don’t,” and they’re the ones who are getting shin splints all the time and Achilles tendinitis and I’m like, “Your body is telling you something. It is telling you that it does not like running five plus miles.”

And those are the clients that I say, “If you are saying running works for you then you’re going to be better doing 30 minutes of high intensity interval training” Typically, the Pitta body type are the ones that I am referring to are the ones that are medium build, the medium burners, they really like doing that. They’re fiery so give them some sprints to do and they’re like, “Oh this is great. I don’t have to run 10 miles and I get the same effect sprinting for 30 seconds on, 30 seconds off for 15 minutes, perfect.”

[0:13:16] AS: Oh my God, that’s totally my thought process. I can get more done with less, yes and I’d rather do it again.

[0:13:22] JB: Exactly, type A, there we go!

[0:13:25] AS: You brought up such an interesting point about they are saying “this works for me” and I have found that it all depends on what you’re measuring. To your point, they are getting injured. What are they measuring that they think is working? And this is very common. This is what I work on with my clients, “Are we measuring?” If we’re not going to measure the scale, what is better to measure for you with your goals and so how do you get people to see like, “Are you sure this is working?”

[0:13:56] JB: Obviously, if they’re getting injured then that’s like, “Okay, I don’t care how much this is working. If you’ve lost a pound on the scale then we’re changing this because you’re not going to be able to sustain this and injury is a horrible thing.” So then that’s the clear way of saying, “Okay, this is not working for you.”

The other thing that’s even bigger than that, I think the first place to start is, “Are you enjoying what you’re doing in some capacity?” And if they’re not enjoying it, then it’s not worth doing because to really have a sustainable exercise routine and it can change as you go.

I don’t like the same kind of exercise I do currently than I did five years ago or I did 10 years ago and that probably I will like something else in the next five years. I think that’s okay but you have to connect with what you’re doing and actually like it because if it’s a struggle emotionally, it’s going to be a struggle for you physically which I think then leads to injury because you’re stressing your body out.

[0:14:57] AS: That’s a really good answer and I think I would also add, and tell me your thoughts on this but I think also, when talking about that a big shift in my own exercise came when I stopped judging what I looked like in the mirror, stop judging like, “Oh, I’ve checked off the box. I went on the elliptical for 50 minutes even though I was reading a magazine.” Hey, we all got to start somewhere, right?

[0:15:24] JB: You know what? I actually find that so cathartic and enjoyable. I know some people find that super torturous to get on an elliptical while reading a magazine.

[0:15:33] AS: I hate the elliptical.

[0:15:34] JB: I mean I don't do it because it doesn't work for what my goals are but if I'm stressed out, that would actually just make me feel good. Sweating like that for about a time, I enjoyed it but that's the thing, I enjoy that.

[0:15:50] AS: Yeah, I definitely do not but not only is it enjoying the process but I think it's also looking at how you feel for the next several hours afterwards because I think one of the things that's been a huge eye opener to me and has made me feel that I can trust cutting back on cardio this past several years is like, I probably couldn't even run five miles anymore.

If I wanted to, I could work up to but when I look back, I used to be exhausted after those runs and there's research that shows that when people look at exercise as punishment, which to me, if you're not paying attention, no wonder you start to build it up because not only do I hate it afterwards but then your body is registering it that you're either injured or exhausted afterwards.

When people view exercise as this punishment, they tend to eat more to reward themselves and what's crazy is they gain weight because they underestimate how much they're eating and they overestimate how much they burn. It's almost like, "That was awful. I must have burned a thousand calories."

[0:17:03] JB: I literally tell people, you can't expect to lose weight from exercise. This is not why you're exercising. It's a little bonus as far as chloric burn goes, think of it as a bonus but it's not what you need to rely on for weight loss. It's all about food if you're trying to lose weight.

It's about food and taking care of your emotional health and stress and sleep and all of that. Your hormonal health but as far as calories out for calories in with exercise, it does not equate. I mean one cookie, an hour and a half on the treadmill is not the same thing.

[0:17:46] AS: Well, that's interesting because most people will say for weight loss it's like 80% food 20% weight loss but I find for me, the habit that sometimes goes in and out that I am always trying to work on is an after dinner sweet and I find that exercise, it recharges me in a way that I don't need that. It's not so much "oh what can I eat" but it's what eliminates in my life.

[0:18:13] JB: That's good then. That means that you're probably doing the right amount or the right type because as you were saying is if somebody is not doing that and they are using exercise for punishment and then they're rewarding themselves with food, then it actually causes them to be eating more at night because, well for a multitude of reasons.

One being that they're just thinking, "Oh, I burned a lot of calories today so I can afford to do this," Another one just being that they're stressed and their body is tired and they just start craving things.

[0:18:43] AS: Yeah, for sure. I mean when you get to be able to see it with a certain lens, you see that our biology is telling a story, right? Our emotions are telling the story of our biology, they are totally connected. So let's go back to this concept of different body types. If someone's goals, I know you just said, but if someone's health goals are weight loss, what would you recommend?

First, knowing that people need to start with what they like but what you like, for example, cardio intervals which is important for I would imagine all types, we'll get to that but something like interval training right? Unite does interval training, Bar Method does the interval training or do they?

[0:19:33] JB: I mean it depends on how you're describing interval training, what you mean by that. I would say that interval training is bringing your cardiovascular system way up, your heart rate really high and then dropping it down and then back up and back down again. So it's usually some sort of high, the HIIT training like high intensity training going along with that. So like Yoga and Bar, they're much more. Heart rate is much lower the whole time. It's a little more steady state training.

[0:20:06] AS: Okay, so that's good to know. So then maybe what we can do that I think would be really helpful for people listening is for the different types, what you recommend and then what that looks like when they're going to the JCC or the YMCA or they have class pass or if they go to Unite, I guess they have that all taken care of for them the thought process. Yeah, so if you're in Philly or in Jersey, are you guys online? Aren't you coming online as well?

[0:20:36] JB: We do have a virtual boot camp, yeah. So people can do their workouts anywhere and we're expanding nationally but yeah, people can do it online as well.

[0:20:46] AS: Okay, cool. So let's start with I think the Kapha is an easier. Kapha rather than what was it, ectomorph for slow burner?

[0:20:55] JB: Yeah.

[0:20:56] AS: Those are the people who are naturally lean, are they taller or does it matter?

[0:21:02] JB: So the Vata we'll talk about.

[0:21:04] AS: Oh yes, I'm sorry.

[0:21:05] JB: Yeah, so Vata also ectomorph, they're the naturally lean, I hate to use the word wifey, it doesn't good but that's the word that came to my mind, you know?

[0:21:15] AS: Well, it kind of is but our culture makes that seem puts the value on that so it feels like it but yeah, it's people that I think most people would be like, "Oh, if I just looked like them".

[0:21:26] JB: Yes and so the chicks, the hot clients you'd say, "I want that yoga body type, that long, lean muscle body type," so they start doing the exercises that they would see that body type in. They do the Pilates and the yoga and they're like, "Nothing is changing. I look the same," and I'm like, "It is not the workout that's doing that. They already had the propensity to that body type and that's a good workout for them because it feels good for them and it worked." you know what I mean? It was already there.

[0:21:56] AS: Yeah, it's a good fit for them because it's already — but then also, sometimes we need to do what's not — oh well, I am getting off on a tangent. But those type of people, if the long lean excel at marathon training, triathlete or I would say half marathon training or whatever, what would you recommend for them if their goals are weight loss and toning?

Not that they're not in a training for a race and peak performance, they want to lose weight or tone, what would you recommend from a seven day or not that they should exercise seven days a week but what would their average week look like?

[0:22:36] JB: I would say that typically somebody like that isn't necessarily looking for a lot of weight loss but what I see a lot is a person who's skinny-fat meaning that they look very thin but their body fat percentage is actually on the higher side. Meaning that their muscle tone isn't of great quality. So for somebody like that, I would say that they should incorporate two to three days a week of at least 30 minutes of strength training.

So that they can get their muscle mass up which will help them to decrease their body fat so the little pooch that they have in their belly, the flabby arms just the small things that they're complaining about. If you see them in their clothes, to you and I it would be like, "Oh my God, they have that ideal model type."

But that's what I would say for somebody who's looking a better physic with that body type. It definitely needs to incorporate is two to three days of strength training. That's picking up some weights and just doing some upper body work, some lower body work, nothing that intense but just that little bit will really help them.

[0:23:45] AS: Okay and by not intense, do you mean like three pound weights or if they can lift up 10? Is it just all relative to what their current strength is?

[0:23:55] JB: Yeah, I think that they could get away with doing lighter weights and higher reps. I think that like bar class for example wouldn't be a bad thing. I think something a little bit more than just yoga and Pilates, so something more than body weight. So something where you're actually are creating a deeper burn in the muscle to break the muscle tissue down to then rebuild again.

Or they could pick up moderate weights. I don't think that they need to do anything like power lifting or anything super heavy but something that at least they're feeling like the muscles are going to exhaustion. You don't want to feel like when you're lifting weights that you could just go

all day like the one pound weights, you know? You definitely want to feel like, “Oh my God, I want to put my arm down because my arms are burning right now.”

[0:24:41] AS: Yeah. It's 6 o'clock at night, “Oh my God, I'm still lifting this. It's like I forgot to eat, I'm still lifting this.”

[0:24:49] JB: Yeah. Definitely, it's okay. I think, I don't know if you had this question on your list but it's a question that I get all the time which is, “You know, will I bulk up from lifting weights? I don't want to get bulky.” A lot of women have a real concern with that and the answer to that is no. You will not get bulky. It takes a lot for a woman to gain muscle because we don't have as much testosterone as a man does.

And also, if you really try to gain lean mass, somebody who is doing a figure competition or body building, you have to eat a lot to do that and you have to do a lot of volume training and heavier weight lifting. Most of us don't have the time and day to do that, so that's not something I have seen people doing unless they are doing that because they are trying to get bulkier, you know what I mean?

[0:25:41] AS: Yeah.

[0:25:42] JB: So spinning classes, people ask me that, “You know will putting this heavy resistance on the bike make my legs bulk up?” And it does not.

[0:25:50] AS: Yeah, I know. I hear that a lot for sure. Okay, so the Vata thin marathon-esque live yoga body, two to three times a week of weights and then what about cardio and flexibility and toning?

[0:26:06] JB: Yeah, well the toning we've got with the weight training and everything like that and toning, just to clear this up for everybody, is a totally fake word. There is no such thing as toning.

[0:26:16] AS: As I said I was like, “What does that even mean?”

[0:26:19] JB: I know, right? It doesn't mean anything.

[0:26:23] AS: It's a marketing term?

[0:26:24] JB: It's a marketing term. Toning is like you can't spot reduce an area so you can't just do crunches and then your body fat and your belly will disappear. If you chew a lot of gum, your cheeks are not going to get spelt. You're not going to have high cheekbones all of a sudden. That's not how it works unfortunately, but it's an overall body fat reduction.

Your body just decides where it's going to lose it first. I have a really thin long face naturally and if I lose weight, my face gets even thinner. I'm like, "What the hell? That's not fair," but that's just your body. It will just do what it wants to do.

[0:27:07] AS: Yeah, I know. I think that's a really good point. So just get back to those people, so they should do no toning. Two to three days of strength training and then they can do cardio the other day?

[0:27:15] JB: Yeah, I think that they can do cardio the other days that could incorporate the cardio on the same day. If they want to do one of the shorter runs or something if they are doing long runs. And definitely, unless you're training for something specific, you really don't need to be working out for more than an hour a day. If you just want to have a lot of energy and if you're not somebody that's focusing so much on sports nutrition because you're going to get tired if you're doing that, you know?

[0:27:43] AS: Oh yeah. I love diminishing returns.

[0:27:44] JB: Yeah, exactly and you want to have vitality and energy for other things in your life. It's totally diminishing returns you don't need to do more than that.

[0:27:53] AS: And the psychological build up. It's like, "Oh my God, I've got to hit 90 minutes," I've never ran that much. Well, I did do the Broad Street Run once but the buildup of thinking that you have to train them like you start to avoid it.

[0:28:08] JB: Or not or you just embrace it and have no life. I have friends that, I should not say have no life. If they really enjoy it then it's...

[0:28:16] AS: Well, there's a community.

[0:28:17] JB: ...they're doing but I have friends who are like, "Okay, I have three to four hours on a Sunday," where that's what they're doing, they're running.

[0:28:24] AS: Oh wow, there are multiple worlds out there.

[0:28:29] JB: There are, that's not going to be me but yeah. So that's that type, that's the ectomorph, you could call it the Vata, then there's the Pitta or the mesomorph which is the more medium build propensity towards more muscle in their body and can gain weight quickly, could lose weight quickly depending on what they're doing with their nutrition.

And that type really has to be careful about I would say how much cardio that they're doing and this is the reason why. Too much cardio especially aerobic cardio, which is where your heart rate is the same for a long period, for example long distance running or being in an elliptical for 45 minutes to an hour, creates cortisol on your body.

It actually releases a stress hormones. So with that body type, their hormones are a little bit more sensitive to that. So that whole can gain weight quickly, can lose weight quickly, can have more body, can have body fat on them instead of being the lean mean muscle machine that they have the potential for can get affected by too much cardiovascular activity.

I can attest to this with my own training. For so many years, I did so much cardio and my body fat was a lot higher than it needed to be. When I cut back the cardio and just focused more on weight training and interval training. So my cardio like what we were talking about was sprinting and 30 seconds on, 30 seconds off and doing more like the Unite workout, it's what I do on a daily basis with people, that's a really good workout for that type typically.

[0:30:23] AS: Yeah, so I was out in San Francisco in October and my sister belongs to Equinox and they have this class called Precision Running which is basically track practice on treadmills

in group and since I love being with people when I workout. It was so fun but we did interval training and I got a high from it. It was probably, I think the class was 30 minutes max.

I think we were there for 40 minutes but between warm up and cool down, it was 30 minutes but it was only really the sprinting part of it was maybe a total of 12 minutes of the whole class or something but I don't sweat a lot. That's part of my body's Achilles heel. I mean the type of cancer I had is from lack of — Hodgkin's disease, your lymphatic system is sluggish.

So I do not sweat a lot but after that class, I was like, "This works for me so well," because I was sweating and like I said, I had a high from it that I often get from weight training but I have never gotten from twice as long of a run and it just reinforced in me that, "Yes, you need to do this." I mean it's hard.

[0:31:36] JB: Yeah, it's not an easy one. That's not an easy workout people. That's one that you add, you really are pushing yourself to more of a max effort but it's a reasonable amount of time. So you can be like, "All right this is not a long time so I can get through this."

[0:31:53] AS: Yeah, if that's your personality too to be like, "All right let's hit it and get out." To me, it makes it well and just for anyone listening, you can Google Equinox precision running and different magazines have done free workouts. So when I got back from there because obviously, there is no Equinox in Pittsburgh, I downloaded three different types of workouts that's based on the trainer who created the Equinox precision running class.

I've been doing those on my own on a treadmill now that my neck is better and you do one set of 10 minutes is all about speed, the other set is hills and intervals and I downloaded some new music and I can run and do that on my lunch break or even if I have clients and then I have to do it in the evening, knowing that I am just running.

Going to run up there, hit the treadmill for 30 minutes and back, I make it there. So if anyone is feeling Pitta and that they would do better with those type of intervals. Just Google precision running Equinox sample workouts online and you'll get a bunch that work. What I love about the precision running class is you start with your personal best.

So you don't have to be on some predetermined personal best. You figure out where you are right now and then the great thing is because just like the body adapts as you get stronger, then you can increase your speed and you're still getting the same workout as when you first started because it's all relative but it continually challenges you.

So how many days a week do you think those of us who are this Pitta, average build, prone towards muscularity should be doing that type of interval training?

[0:33:36] JB: Three to five days depending on how much you like it. If you really, really like it, go for the five because if it's something that helps you with stress relief and you just become addicted to it which often times I find that those type A clients do and it's part of their stress relief process or I would say three minimum and because it's so intense and effective for the short amount of time.

That's why it can be three minimum to five max and I would say you do need to give your body a day or two because of how intense it is. You don't want to stress out your joints and everything when you're sprinting or when you're lifting heavy weights. And just to talk about the weight training part of it, you want to be lifting weights that are more max effort for you. The six to 12 repetition range where you're really, really maxing out your effort as far as the last rep you can barely lift the weight.

[0:34:35] AS: Interesting. Should you be doing then weights the same day that you do the high interval? How many days a week should you be doing weights?

[0:34:43] JB: I would say the same amount, three to five. You could do it together where you're doing a good anywhere from 15 to 25 minutes of the cardio intervals and then again, the same thing. I would say 25 minutes of strength training to 40 depending on what muscle groups you're hitting and you can divide up the body parts. You can do an upper body day and a lower body day and then a total body day. I would say that's a good split for people.

[0:35:14] AS: Okay and their a type of weight lifting just to reconfirm, compared to the light weight Vata types, they need to be doing stuff that on the last rep, they can barely finish.

[0:35:26] JB: Yeah, so instead of muscle fatigue which is with the lighter weights, where you're feeling that burning feeling, this kind of weight training I am talking about is like muscle failure where you're like, "I cannot press this weight one more time. It's not happening. If I do one more push up, my face is going to face plant onto the floor."

[0:35:47] AS: And should you face plant on the floor?

[0:35:49] JB: Yeah.

[0:35:50] AS: Okay.

[0:35:52] JB: I mean hopefully you're on a mat! Oh my God, I'm having a flashback to a yoga class I took where I was attempting a crow pose, which is like an arm balance where you put your knees up behind your elbows and I face planted and then my head hit the hard wood. It was one of those super embarrassing moments.

[0:36:13] AS: That's why one thing, not to come back to Equinox, but they have these lavender infused towels and I was like, "Oh my god, I would face plant on one of those."

[0:36:25] JB: I wish I have that but this yoga class didn't have that. I just embarrassed myself but that's okay.

[0:36:32] AS: Okay, so the Pitta type of people need to be doing three to five day or probably five days total and getting in some weight training and those intervals and then maybe the day six, do some yoga or some stretching out.

[0:36:47] JB: Yeah, I would say that's not a bad idea for the Pitta. I just want to be clear that just because some one exercise might be better suited for another, it doesn't mean that you can't try this different exercises and see what works for you. At the end of the day it's like "what do you enjoy doing, what feels the best" is really what you want to be listening to with yourself.

And for Pitta, I think that the Pitta types often stray away from yoga and Pilates and the slower, more breathe work type of exercises because they're a lot of times going, going, going can't

stop moving, can't stop thinking and so those kinds of exercise that slows you down is not a bad idea to throw in there one or two times a week for mental and emotional relief.

[0:37:34] AS: Yeah, for sure. Well I find too that a lot of my clients, whether it's Bikram or Baptiste or something hot yoga, that would be a really good entry point to them because they still feel like they're accomplishing or that it's hard.

[0:37:50] JB: That's how I got into yoga. I hated yoga years ago because I took a class that wasn't a heated class, it wasn't a Vinyasa, it wasn't hard, it was just really the meditative part of it and then the practice and the breathe and I was like, "This is so slow and awful. I can't stand this." And then it wasn't until seven years ago when I was introduced to power yoga, hot yoga. I was just like, "Holy shit, this is hard. I'm sweating more than I've ever sweat in my life".

It's like you think, "Oh, I'm getting something out of this," but that was an entry point for me to actually understand how amazing yoga is but yeah, for those of you who don't like yoga, it's so slow, it's not hard, try a power yoga class in a heated room. It's not a 105 like Bikram, it's usually 90 degrees but it's just enough where you just start sweating your face off so.

[0:38:44] AS: I remember when I was working with you because Juliet people, even though that we've mentioned that you're at Unite and you're the fitness and nutrition director there and vice-president and also teach at Fly Wheel, you're also a certified yoga teacher and you were my yoga teacher for a while and I remember you really helping me with alignment. It wasn't until I really started focusing on my core, the internal focus on my core and the alignment that I was like, "This is fucking hard."

Because I was over compensating with my flexibility and when you do that, you're out of alignment and all that stuff but when you really focus on yoga and work on putting your ego to the side, it took me seven years to not worry about what it looked like. But really focus internally, it is an amazing workout. Also be sure that you're really doing yoga before you say that it's not hard.

[0:39:41] JB: Yeah, for sure and the meditative piece of it besides the breathing element is really connecting to the muscles in your body and what muscles are you using and firing versus

just locking out your joints and you're just stretching. You can do a forward fold and just be locking your knees out and trying to straighten your legs as hard as you can but that's not what really is about.

It's about bending the knees a little bit, engaging the quadriceps muscles to then lengthen the hamstring muscles to then squeeze the lower belly in to then engage the abdominal muscles to feel the side oblique turning on. There is so much muscles recruitment that goes into yoga that I think is so useful to actually do that to then help you with other kinds of exercise.

Anything you do, weight training, bar and any other form of exercise, you'll then be recruiting and turning on the right muscles. Yoga is the foundation of movement. It's been around for thousands of years, way longer than any weight training or anything else that has been around.

[0:40:44] AS: I love that you brought that up, that's such a good point. That mindfulness has helped me so much with my form when I'm lifting and everything because my natural inclination is to let my shoulders to be up and now I'm like, "Okay, roll the shoulders back" and learning what your abdominal muscles actually start at your knee caps and flexing all of that.

I'm like, "Whoa, this is a different experience now" and that's what I love. You can make any exercise intense. Even if an instructor, if I don't go to the early AM class, the next class behind me, it tends to be an older crowd and it's technically the same class but the moves aren't as hard but I'm like, "Oh, I know how to crank up this intensity," because I can just concentrate on my form even more and it feels so much more intense when I'm really that mindful.

[0:41:35] JB: Yeah, I always tell people you can either be going through the motions right now with these exercises or stretches or you can actually just start to think about what muscles you're working, what you're firing, what's going on with your body and create that connection. Then your calorie burn is going to go up, your muscle recruitment is going to go up and you're going to be getting more bang for your buck when you're working out.

[0:41:57] AS: Yeah, the phrase that came to mind is "you can either go through the motion or be the motion."

[0:42:02] JB: Yes.

[0:42:05] AS: I love getting philosophical. All right so...7

[0:42:08] JB: So last one Kapha. Kapha, endomorph, “I just staring at a bagel and I gain five pounds.” Those are the clients that I’m getting that would say that that’s what they are. They do have a higher body fat. Those are this power house clients or power house people or humans. They might be a little more overweight naturally or have a higher body fat but those are the strong ass people.

When you see the powerlifters and the strong men competition, you wonder, “Well how are these guys doing this or women doing this? They look overweight.” Well, their body type is more of that but as far as their power and their strength, they’re extremely powerful and strong.

[0:43:01] AS: Well is that the more curvy women too? Where they just look very sexy and we see this in the, I guess they’re calling them plus size models now. To me, they’re just normal size but plus size is eight I think. How do you know?

[0:43:17] JB: That’s sad.

[0:43:18] AS: I know. I mean things are changing for sure but I’ve noticed, now that I’m really comfortable with my own body, I find those women with curves genuinely very beautiful not just saying that as a mantra but really being like, “Wow. They just look so embodied in a way.”

[0:43:37] JB: Yeah, we have to define what we’re talking about here. When we’re saying endomorph, Kapha, overweight, we’re not talking about a sloppy fat person. Ali and I are talking about somebody who’s beautiful and has more curves to their body and it’s just naturally a little bit thicker with their muscle tone or has a little bit excess body fat. So don’t get it twisted. Each of these categories, the bodies are beautiful in their own way.

[0:44:12] AS: Yeah and it’s appreciating what’s beautiful about it because they embody someone’s personality too which is so important.

[0:44:20] JB: Yeah, well they can or if you're fighting it then it's a part of it.

[0:44:26] AS: That's another episode.

[0:44:28] JB: Yeah, it is another episode which we're going to have shortly about loving yourself and your body and appreciating with what you're born with but you can only fight so much and this is that Kapha type. It's somebody who's like, "I've been fighting my weight my whole life," and it's like I love when I can get a client who's just like, "This is me, I'm beautiful, I'm healthy," and you can be healthy at different sizes. The measure of health is not necessarily one look to another look.

[0:45:01] AS: I'm so glad you said that because one of the things I wanted to add when we were talking about the Vata type because everyone is like, "Oh I wish I look like that." What's interesting about the research is that they're calling them toffees. Not that everyone who's thin is fat on the inside but they call them thin on the outside, fat on the inside, toffees.

When they get to be older, they have twice the mortality rate as other people because they "never had to pay attention" just because it didn't show up in their weight. They don't necessarily eat as well.

[0:45:38] JB: Yeah, that's my mom. My mom has always been so thin and she never needed to care about her food other than for health but as far as there wasn't an eminent reason for her to be eating better for weight loss and now my mom is pre-diabetic and high cholesterol and all these things are happening to her in her middle age now.

[0:46:04] AS: Yeah, so people think like, "Oh they don't have to care." You know, this is something that is really important in my own healing and my relationship with food. It's like, "Yeah, all right so I have some shitty health things happened but it made me more aware that food is medicine, and I've had to do the work and to figure this out. I wouldn't have chosen it but here's what I'm going to do with it."

So I just want to put that there because it's so important and there's even some research. I remember being at nutrition school and it was a Barry Sears, who came in and talked about how

in some research people who are 30 pounds overweight “according to the BMI scale” actually have a higher longevity rates.

They hypothesize because your fat stores toxins. When you’re really thin, your body is just processing those day in and day out versus if you have some extra weight, your body doesn’t actually have to be exposed to them.

Now, some people will say that’s bunk, well, I’m starting to become a little question of any research that is the final answer. I just don’t believe that but let’s get to the Kapha and how they should workout. I wanted to make sure that we get back to that.

[0:47:19] JB: I think the Kapha, a lot of times they see them relish in the fact that they are strong and it’s really exciting to them. I will say that a lot of Kapha body types doing more class fit style exercising where it’s not even a cardio base. It’s more heavy weight training and deadlifting and squatting. Obviously, you have to start where you are and be coached on these things properly.

But because they are naturally stronger in their body, the fact that they can lift heavier weights than the average person off the bat without even trying can be very, very empowering for them. I think they could try but I think that you need to have some aerobic training with it. Not the high intensity interval training like sprinting on a treadmill.

Often times, their joints are not that equipped to handling that and it can lead to shin splints and knee pain and ankle pain. I think more aerobic style like speed walking on a treadmill or outside or the elliptical for 30 minutes. You really don’t need to be doing more than that. You’re getting diminishing returns with cardio unless you’re training specifically to have endurance, you don’t need to be doing more than 30 to 40 minutes.

Spin class, they’re usually 45 minutes. That would be an upper level but that’s a good thing for the Kapha because it’s more aerobic, it’s can be steady state. There are definitely intervals in there but you’re moving the whole time. There’s only so much intensity you can create because you’re not stopping and going. You are continuously moving.

So I would say a combination of that. A little bit more steady in cardio and then if they can get in a heavy weight training, it can feel really good for their body because they are naturally stronger.

[0:49:22] AS: Yeah, I'm almost wondering, granted I love hip-hop dance classes but would they do well with Zumba and I'm thinking especially places where they can get into their body and appreciate how it moves.

[0:49:35] JB: Yeah, for sure. Dance is great for that. That's that steady state cardio too. Dance is awesome.

[0:49:39] AS: Yeah, oh my God, I remember going to hip-hop with you at Koresh in Philly and you were so good. I was like, "Oh my God, Juliet is totally from New York City and totally cooler than me."

[0:49:51] JB: Well no, I danced competitively when I was growing up. I was in a hip-hop dance team.

[0:49:56] AS: You didn't tell me that. You just let me judge myself, oh.

[0:50:00] JB: You know I don't like to tell people that. I just like to go in there and it's so good but nobody knows why. No, I'm kidding! I haven't done that in a long time.

[0:50:14] AS: Oh my God, I loved it.

[0:50:16] JB: Yeah, it was so fun.

[0:50:17] AS: I had to stop going there because we went at 8 o'clock at night and I couldn't sleep. It kept me up too much.

[0:50:22] JB: Yeah, definitely pumps you up when you do that kind of stuff.

[0:50:25] AS: All right, so with the Kapha, they need to be doing more heavy weight training that makes them feel really strong, how many days a week?

[0:50:34] JB: For the Kapha, I would say two to three.

[0:50:37] AS: Okay and then the steady state cardio?

[0:50:40] JB: I would say for the Kapha that they need to be exercising five days to six days per week. Consistent exercise of the cardio training even the days that they're not weight training to make sure that they're getting in cardio and moving their bodies. I would say they are the five to six days per week exercisers.

[0:51:01] AS: Yeah and I just wanna read — I thought of a great client story here because you emphasized on doing something you love and how important that is. And I had a client who hadn't been working out for a while and has some injuries and arthritis and inflammation that we were working on. Getting out, healing her gut, healing her blood sugar and she was like, "Whenever I do what I think I should do, I hurt a lot."

But then her family had a surprise party for her the one night and she loves to dance and she danced all night at her party and I was like, "Were you hurt the next day?" And she's like, "Not at all" and I'm like, "Then do that more often." I do believe there's something about, to your point when you're injuring yourself, it's not the right fit.

She was like, "No, I can't believe it, my feet don't hurt, nothing hurts. That's amazing that I was on my feet dancing for four hours and the next day I felt amazing." And so I love that you emphasized and I just want to repeat it as the episode ends that we're giving you some guidelines. If your goals are weight loss and general health, but to your point, do what you love because would you say the most important thing Juliet is consistency no matter what you do.

[0:52:14] JB: Yes, 100% consistency and not stressing out your body more than we're already stressed in our daily lives. So if you're doing an exercise routine that is giving your grief and I'll use CrossFit as an example for myself. I tried it and wanted to like it and every time I would be on my way to go, I would have severe anxiety about it.

Where I was just like, “I can’t believe I have to do this right now. I don’t want to go,” and I never had that before with any other exercise program and it was like, “What am I doing here? Why am I doing this to myself,” and I have friends that are obsessed with it. They love it and I’m like, “It’s just not for me.”

And I would go there and just be anxious the whole time. Part of it is the competitiveness of it of being up on the board and it messed with my head a little bit because I don’t do well with that kind of pressure. I like to put the pressure on myself but I don’t like other people to be seeing what I’m doing.

[0:53:14] AS: I totally get it. I’m pretty confident, I’m okay not being super in shape but I even hate in gym classes when they’re like, “Pick a partner,” and I’m like, “Oh no, am I going to be strong enough for my partner? What if I can’t help them get as good as a workout?” I just hate it. I’d rather just be competitive with myself. I know it’s so silly but.

[0:53:35] JB: Yeah, no I get it. We get that feedback a lot. Sometimes we do partner work at our studio and we get that feedback and we’re very conscious of it. We try to encourage our instructors to do grouping instead of partnerships a lot like group one and group two. Everyone is still working on their own, at their own pace.

It totally gets scary, I get it. You don’t want to be, what if you’re stuck with somebody that’s super crazy shape and then there’s somebody who never worked out before and that’s just not a fair partnership right there.

[0:54:05] AS: Yeah, so we’re getting to the end but you just brought up this point and I wanted to make sure to get this question in because I think what I really want, hope that people get not just from this episode but that our podcast in general is that health is a very dynamic process. I talked about running “worked” for me in high school but now, it’s clearly something I never planned on doing at length again.

But if people have a lot of stress in their life like they’re going through a job change or they are insomniacs, they can’t sleep or they’re going through stuff with their kids or they’re moving and life is just really intense, how do you adjust your workout regime? Because I would imagine

keeping up that same intensity because even though workout is a good stress, it's still a stress and the accumulation during those periods, what do you suggest?

[0:54:59] JB: Yeah, I would say that you sometimes just cutting back how much you are doing it. If you are somebody who is doing it five or six days a week, it's okay to then cut it back to three days a week. Nothing bad is going to happen. You're still going to maintain your level of intensity or your level of performance rather. You're not going to lose it all because people get worried about that. But sometimes, you need to do more yoga. Sometimes you need to be doing more cardio for distressing.

I know when my father passed away, for me it was all about getting on the elliptical and for an hour just listening to music and sweating it out and just needing to clear my head. That was a good thing for me when I was in the mourning process of that. I couldn't do anything that was yoga, I couldn't focus enough for something like yoga. It kind of depends on the kind of stress you are dealing with in your life, does that make sense?

[0:55:56] AS: Totally, well and also I'm so big on my clients knowing their own patterns. Some people need to sweat it out, and other people that idea is stressful to them and they need to do yoga and so yeah, I totally know. I think there was a time especially after a loss like that.

[0:56:13] JB: So close your eyes, I would say to people, "Close your eyes, take a deep breathe in through your nose, out through your mouth and visualize some different kinds of exercise and notice the feeling inside that you get based on the different kinds that you're picturing and if you're feeling a little stress or overwhelmed then just swipe that picture to the right or the left." What do you do when you swipe it away? "And then take on the next image and find one that resonates with you and then try that." That's what I would say to do.

[0:56:49] AS: I love that you said that because I was just in a session with a client and we were talking about she hadn't worked out since training for a triathlon and she was like, "You know when I was training for the triathlon, I just like , "Oh I just want to cross train." And she didn't because she was in this training plan. So I was like, "So you knew then what you really liked."

It's just a matter of again the permission and I hope that today, by talking about the different body types, these are not set in stone but it plants the seed that, "Whoa, I have to workout according to where I am in my life and what my body really likes," versus this generic template that because my neighbor is doing it or because this person on Instagram is doing it so that's what's right for me.

Really yeah, to your point, tap that exercise you just gave them is wonderful. Listen to that intuitive response and trust it. As long as you're consistent, a lot of people don't do that because they fear, "Oh my god, then I'm going to eat everything and then I'm going to gain weight," but no, the only way to get out of that pattern is to do it and see that that's not what happens.

So thank you Juliet. This was so informative. I am so excited. I have not been doing my intervals this year yet but I am so excited to get back to doing that now that I know that it makes sense and it's just good to know and also to max out my weights a little bit more because I still have some in me when I've been taking my classes.

So thank you so much everyone. Again, this was episode six on figuring out how to exercise for your body type and Juliet, do you want to wrap us up here?

[0:58:25] JB: Yeah and we have so much great content coming everybody and it's just the beginning. We would love if you could leave us a review on iTunes. It would mean a lot to us and stay connected with us if you can on social media or you can e-mail us with your questions. So I'm @julietunite on both Instagram and Twitter.

You can find Ali @alimshapiro, she's also at Instagram and Twitter and then alishapiro.com is where you can find other resources and julietburgh.com as well. So we hope to hear from you guys. If you have any questions, we are happy to answer that and connect.

[0:59:03] AS: Yes and remember, new episodes drop every Wednesday on Hump Motivation Day. Thanks for being here. See you next time.

[FINAL MESSAGE]

[0:59:15] JB: Thank you so much for listening to the Insatiable Podcast. We hope you enjoyed today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stands for Marie. Please feel free to also e-mail us any questions. We would love to hear from all of our listeners. You can reach us at ali@alishapiro.com and juliet@unitefitness.com. We'll see you next time.

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