



WHAT'S YOUR BODY TYPE ?

UNDERSTANDING YOUR SKELETAL STRUCTURE HELPS YOU SET REALISTIC GOALS AND DEVISE A PROGRAM AS INDIVIDUAL AS YOU ARE

by Teresa Tapp

Certain women gain weight in their lower body while others gain it around their mid-section, tendencies that we fondly call apple and pear shapes. However, there are more factors involved regarding female anatomical structure than fat deposits that alter silhouettes into resembling fruit.

Saddlebags, flat fannies, fat fannies, thick waistlines and the lower tummy pooch top many women's lists of worst body sites. All body types can tone and create a smooth silhouette if they learn how to do the exercises in the book, *Fit and Fabulous in 15 Minutes* (Chapters 4 and 5), also called *The Total Workout*, How is that possible?

It's because the *Total Workout* is more than a workout to lose inches quick, it's an educational program that teaches you how to use your body without equipment, in sequence, to maximize muscle mechanics. Understanding how to use *T-Tapp* muscle activation, in combination with leverage isometrics in linear alignment, is the secret to success in reshaping the body. It's really very basic; but first, let's understand some of the anatomical differences between apples and pears.

Body Types by T-Tapp

I classify body types into three main categories: Short Torso/Long Leg (sometimes referred to as the apple), Long Torso/Short Leg (sometimes referred to as the pear), and Combination which can be composed of variations that lean toward either of the previ-

ously mentioned body types. Body type has nothing to do with your height. To determine your body type, you need to measure the distance from 3 areas: Rib-to-hip, Knee-to-ankle, and Knee-to-hip.

Look closely and compare the rib-to-hip distance between the pictures of Shannon and Genevieve (*figures 1 and 2*).

Notice how Shannon's rib-to-hip distance is longer than Genevieve's? Notice how Shannon's knee-to-ankle distance is slightly shorter than the distance from her knee-to-hip ball joint, whereas Genevieve's is equal?

Now compare the length of their spines from shoulder-to-hip. Isn't it interesting that although Genevieve is seven inches taller than Shannon, the length of their spines is practically the same? That's because Shannon has a Combination Body Type and Genevieve has a Short Torso/Long Leg Body Type.

Thin Vs. Thick Waists

It only makes common sense that Genevieve, with less distance between her rib and hip, has less room for her internal organs. In comparison, Shannon has plenty of room so it is much easier for her obliques to cinch-in and create the appearance of a slim waist. Genevieve's body type, however, tends to have a thicker waist no matter how many abdominal and oblique exercises she does or how much she diets. Even models with this body type worry about lower tummy bulge!

Furthermore, Genevieve's



Fig. 1: Shannon has a Combination Body Type



Fig. 2: Genevieve has a Short Torso/Long Leg Body Type



Fig. 3: Longer knee-to-ankle distance can have pronation of the knees

longer knee-to-ankle distance makes her more susceptible to a condition called pronation of the knees (*figure 3*), where the toes aim outward and the knees roll inward. As a result, her body type often stands and walks knock-kneed. Unfortunately, when the knees roll inward, so do the hips, resulting in muscular imbalances.

This is why the Short Torso Body Type tends to store fat at the inside of the knee and at top of the inner thigh. It's also why this body type tends to have more knee pain along with ankle or arch issues. Application of *T-Tapp* techniques during muscle movement can prevent and help rehabilitate such tendencies.

Combination Types

Overall, the skeletal framework of the Combination Body Type is very balanced, but this body type can also lean towards being a Short or Long Torso. The differences are less dramatic, yet they definitely change target areas of concern for weight gain. So Shannon, whose body type is a Combination/Borderline Long Torso, will share some of the same body shape concerns that my body does (Long Torso/Short Leg), in addition to regular areas of concern that the Combination Body Types have.

When you take a close look at our side-by-side photos (*figure*



Fig. 4: Shannon's Combination/Borderline Long Torso shares some of the same body shape concerns my Long Torso/Short Leg body does, in addition to regular areas of Combination Body Type concerns

4), you can easily see the differences. Although our knee-to-ankle distance is nearly the same, the length of my spine (including my neck) is much longer and I have three inches more space between my rib-to-hip (figure 5). This is why Shannon's waistline will always be one or two inches thicker than mine.

Her body type tends to evenly store fat along the base of her butt and on her upper thighs, whereas my body type tends to accumulate more fat only on the outer thigh or saddlebag area. Look again and compare details like muscle tone, skin tone and overall body shape. The fact that Shannon is 20 years younger not only shows how effective *T-Tapp* is at body sculpting for all ages, it also shows how effective *T-Tapp* is as an anti-aging workout!

Let's take a look how body types differ in regards to proportion. Genevieve and Casey are both 5-foot-9, but it's easy to see that their body shapes are totally different and slightly disproportionate (figure 6). That's because Genevieve's body type, the Short Torso/Long Leg, tends to have narrow hips and a full bust whereas Casey's body type, the Long Torso/Short Leg, tends to have full hips and a smaller bust.

The difference in proportion averages one or two inches, but both of these body types can easily become more disproportionate with time or with weight gain. Extra pounds on the Combination Body Type tend to be more evenly distributed so it's easier for them to maintain overall proportion. The Combi-



Fig. 5: Although knee-to-ankle distance is close, the length of my spine is longer and I have three inches more space between my rib-to-hip

nation Body Types tend to accumulate fat just below the belly button and on their upper arms.

It's important to focus on putting your own body into proportion and being the best that it can be rather than trying to look like someone you might admire, but whose body type may be completely different from yours.

The bottom line is that we all have something about our bodies we may or may not love, but it's a part of who we are. Instead of focusing on negatives, play up your positives and learn how to wear fashion that complements your body. Then use *T-Tapp* to maintain a body that is sculpted and more proportionate without any resemblance to a fruit. It's all about muscle mechanics, no matter how long or short your bones are. ■



Fig. 6: Both are 5'-9", but it's easy to see that their body shapes are totally different