

# Apple Shape vs Pear Shape



## 2 Totally Different Situations

### Apple Shaped:

- Favor complex Carbs
- Eat moderately ordinary animal proteins and "good" fats.
- Avoid at all cost anything fried, cold cuts, cream, candy, ice cream, carbonated drinks and ALL white-four products
- 2-3 times weekly combine aerobic and strength training at a medium to high intensity

### Pear Shaped:

Favor complex carbs (except bananas, grapes, potatoes)

Eat moderately high quality proteins (tuna, trout, salmon, lean beef, chicken/turkey)

Avoid animal fat in fatty foods

Do 30 minutes of aerobics 3 times/week at low to medium intensity to boost metabolism.

Do strength training right before the aerobics

A lot of people fit into one of two weight gaining categories: apple shaped or pear shaped.

People that have an apple shape tend to carry most of their weight around their midsection. This type of excess weight puts your heart at greater risk. This type of fat also accumulates around the organs which compromises the functions of vital organs and can lead to several complications. Heart disease, hypertension, metabolic syndrome, increased inflammation, diabetes and some cancers result when people carry too much weight around the middle. Abdominal weight is far more harmful than the subcutaneous fat that accumulates on the hips



Apple Body Shape vs. Pear Shape Body

and thighs.

People that have a pear shape tend to carry their weight below the belly on the hips and thighs. While this weight isn't as dangerous to overall health, it is however more difficult to lose. This is because the subcutaneous fat has less vascular system and circulation. Pear

shaped weight does carry a higher risk of developing osteoporosis, cellulite and varicose veins.

Each of these body types require different kinds of diet restrictions and exercises in order to "burn" it off and stay healthy.

### Diet & Exercise

Apple shaped bodies are more insulin sensitive and should avoid processed foods and excessive carbohydrates. Add "good" fats like flaxseed and coconut oil along with quality proteins. Apple shaped bodies require 2-3 aerobic workouts mixed

with strength training in order to keep a healthy weight.

Pear shaped bodies are not as sensitive to insulin but are more sensitive to fats in foods. Pear shaped people should avoid animal fat in their diets and can favor com-

plex carbs. Because they are at greater risk of developing osteoporosis, add calcium to the diet as well.

Moderate strength training 3-4 times/week with yoga and aerobics 3 times a week will help reduce the weight.