



Exercising your unique Temperament

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Come on, get moving. You'll be amazed at how alive you'll feel. The difference between feeling good and feeling great involves examining all areas of your life holistically and making changes that encompass body, mind and soul. Exercise is a great way to start.

According to Charaka, "From physical exercise one gets lightness, a capacity for work, firmness, tolerance of difficulties, and stimulation of digestion." In Tibb, we believe that exercise further helps the body's natural healing by effectively dispelling unwanted toxins.

Tibb views exercise as an extension of an individual's make-up, recognizing that each person has exercise needs that are unique to them. It is therefore imperative that each person be aware of his/ her Temperament (http://tibb.co.za/concepts_tibb.html) and identify the type of exercise that is suited to that Temperament. (Temperament is the combination of physical, mental, emotional and spiritual attributes which make up the unique disposition of each person).

Exercise increases Heat within the body. This is necessary in winter months when we need to combat the cold, or in people who generally feel lethargic and need heat to boost their energy levels. Whilst exercise increases the heat within the body, rest produces a cooling and moistening effect. Balance between movement and rest is extremely important for the maintenance of good health. We need enough of both for the body to function optimally.

As a general rule for all temperaments, one should remember to exercise to 50% of your maximum capacity. It is better to break out into a light sweat while breathing through the mouth, than to exercise to a point of heavy sweating and panting for breath. Melancholics in particular, should be careful not to overexert themselves as they have a lower exercise threshold than the other temperaments.

Furthermore, People over the age of 55, regardless of temperament, should practice special care. As a guideline, we have put together some exercise advice for each of the Temperaments:

MELANCHOLICS

Aim for: Poise, agility, co-ordination and balance.

Type of Exercise	Intensity
Yoga	Light
Pilates	
Light walking, cycling, and hikes	

Melancholics have bursts of energy, tire quickly but excel at balancing and stretching exercises. Indoor activity in winter or outdoors on mild summer mornings are best suited to them as cold aggravates their health. If one feels exhausted, trembling, dizzy or cramping, then it is a sign of a melancholic imbalance.

BILIOUS

Aim for: Gently warming the body and release of stress and tension.

Type of Exercise	Amount
Swimming	Moderate
Brisk walking and jogging	
Hiking and mountain climbing	

These individuals tend to have more drive than endurance and enjoy a sense of accomplishment. They are good at all exercise in moderation. Walking briskly for half an hour a day will pacify the Bilious humour and is ideal for combatting their competitive nature. Swimming is even better for Bilious individuals to dissolve tension and stress.

SANGUINOUS

Aim for: Improved strength, fitness and agility.

Type of exercise	Amount
Weight Training	Moderate
Aerobics, dancing	
Group sports and exercise classes	

Sanguinous temperaments are the most flexible with regards to exercise and generally enjoy workouts performed in a group setting. Their relative moistness is capable of balancing the heat and dryness associated with moderate exercise.

PHLEGMATICS

Aim for: Increased endurance and weight maintenance

Type of exercise	Amount
Running (long distance)	Moderate to heavy
Aerobics and high impact cardiovascular exercise	

Phlegmatics have strong, steady energy but lack agility. They are generally good at all exercises and become better with dedication. Phlegmatic temperaments should start with short periods of exercise of low intensity and increase the duration and intensity with time. Due to their physical strength, phlegmatic's excel at endurance sports. A good workout helps clear out congestion. Indoor activity away from cold or moist environments during the colder seasons and outdoor activities in summer and spring are best suited for them.

Regular exercise is as important for the mind and emotions as it is for the body. Start today and be sure to make it part of your life.