



# THE Sunday Telegraph

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## Colour now shape of



Louisa Copping

- Green square**
- Broad shoulders
  - Slender and well defined waist
  - Long and tapered legs
  - Squares jawline, three zones of face equally proportioned
  - Breasts separated, bones in upper chest slightly discernable in women
  - Muscles well formed and



Courtney Maxwell

- White circle**
- Round body and face, curvaceous
  - Large frame, rounded waist and solid legs
  - Bones and muscles not visible
  - Drooping shoulders
  - Prominent chin, often double
  - Skin is soft like a baby's
  - Tend to put on weight easily

By SHARON LABI and ROSIE SQUIRES

RED oval, green square, yellow rectangle or white circle might sound like shapes on a colour recognition chart — in fact one of them represents your body type.

Forget euphemisms such as "pear-shaped" or "hour glass", these colour-coded shapes are the expert classifications for the four basic forms the human body takes.

Research to be presented at the Australasian Academy of Anti-Ageing Medicine conference next month reveals certain body types do not metabolise food as well as others.

Canadian anti-ageing and beauty expert Marion Pilon says the best way to delay ageing depends on whether you are a "red oval", "green square", "yellow rectangle" or "white circle".

"If you look at your body type and your skin type and you eat accordingly, you can age well with no intervention," said Ms Pilon, who will be a keynote speaker at the conference.

"The principles apply equally to men, women and children," she said.

The one to envy is the yellow rectangle: they can eat all day but will never gain weight, have a long torso, lean legs, slim face and a skinny bone structure.

Ms Pilon said diet had a big impact on the ageing process.

"If your body gets off balance it affects your entire metabolism. It affects your entire body functions and that can cause inflammatory conditions in certain parts of your body and maybe lead to chronic diseases."

While Ms Pilon wouldn't rule out a breast lift, Botox or dermal fillers for those who really need them, knowing your body shape and ageing naturally is preferable.

White circles are the biggest of the four body types — usually round, prone to putting on weight easily, and with sluggish lymphatic systems and metabolism.

These body types often look puffer because they retain a lot of fluid — and they are naturally attracted to sugar. Their sister figure, the red

## things to come

oval, sweats and blushes easily and although their metabolism isn't as slow as a white circle, they tend to overeat and overdrink.

Ovals and circles should replace coffee once or twice a day with ginseng, green or hawthorn flower tea. Increase their consumption of potassium, garlic, celery and onion, never mix proteins and slow sugars in the same meal nor eat fruit, including tomatoes, with other food.

A typical breakfast should include rye bread and fresh berries, fresh salmon or chicken with green vegetables for lunch, and white meat and vegetables for dinner.

Cheese is considered poison. To fight the ageing process, the green squares and yellow rectangles should do at least five minutes of stretching, breathing exercises or yoga each day — and 20 minutes of cardio and 30 minutes of muscle-building exercises three times a week.

They should eat whole-grain cereals or oatmeal for breakfast, berries an hour later, followed by a lunch of green salad, low fat cheese, a small piece of chicken and some plain yoghurt.

Vegetable soup, pasta napoletana, salmon or chicken, and lots of vegetables are recommended for dinner.

The green squares, however, need more antioxidants than any other body type.

When it comes to skin care, Ms Pilon says although red ovals are predisposed to redness, they are unlikely to wrinkle and should avoid anti-wrinkle creams.

Exfoliation and monthly microdermabrasion is good for green squares who are prone to stretch marks and benefit from blood stimulating treatments like collagen.

Yellow rectangles are best served by yoga, meditation, reading and massage, while white circles naturally have supple skin.

Courtney Maxwell, 25, a white circle from Centennial Park said she moisturises to keep her skin soft.

Green square Louisa Copping, 23, says she enjoys exercising and feels in control of her body. Alicia Etheridge, 25, of Jannali is a red oval and Lisa Solberg, 22, of Kingsford is a yellow rectangle already practising good habits.



Alicia Etheridge

- Red oval**
- Prominent and bulky muscles
  - Oval shaped face
  - Blush easily
  - Nice cleavage, voluptuous buttocks for women
  - Solid upper body, straight waist, thickest ankles and wrists for men
  - Beautiful skin, few wrinkles
  - Tend to overeat, overdrink



Lisa Solberg

- Yellow rectangle**
- Tall, slender, can even look gangly and skeletal
  - Thin and narrow waist
  - Forehead most prominent feature of face, thin lips
  - Women usually flat chested
  - Long and lean muscles in men; can be strong with little bulk
  - Skin has yellowish tone