

Personalize your Exercise Routine with Ayurveda

For Balancing Kapha	For Balancing Pitta	For Balancing Vata
Get hot	Don't overheat, cool air	Stay warm
Sweat	Don't be fanatical - take a break	Mild only - don't overdo
Vigorous aerobic	Drink plenty of water	Regular routine - stick with a program
Work up to pushing your limits	Vary the routine to avoid boredom	Slow, gradual progress
Discipline	Varied overall fitness program	Walking
Powerful calisthenics	Moderate length workout to avoid overheating	Stretching, yoga