

# Unlock the way your body works

It all starts with knowing your  
HealthType

Which one might be you?

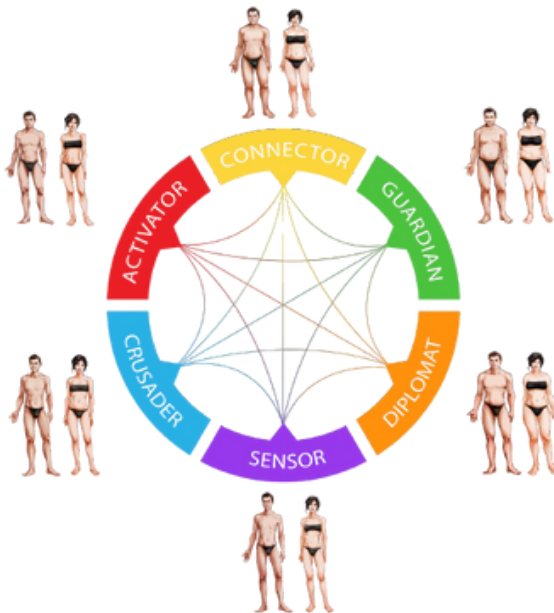


# Still feeling tired, bloated, stressed, inflamed – even though you’re doing all the “right” things?

**You are not the problem.  
Every body is different.**

Your digestion, metabolism, sleep rhythm, energy, stress response and motivation are shaped by your unique biology.

That’s where HealthTypes come in – a science-backed way to understand what your body truly needs, so you can make choices that finally work for YOU



# What Are HealthTypes?

HealthTypes reveal your body's natural blueprint. They show how your biology shapes your ideal food choices, exercise style, sleep rhythms, and even how you handle stress and social time.

Some bodies need frequent meals — others thrive on just 2-3 a day. Some burn fat with early morning workouts — others gain weight from them.

That's the power of knowing your HealthType.

There are 6 core types, each wired with unique strengths and lifestyle needs:

- 🧠 Some thrive on calm, steady routines.
- ⚡ Others need variety and high energy.
- 🤝 Some recharge through connection.
- 🧑 Others flourish in solitude.

Discover what works for your body — not someone else's.

The following are brief descriptions of the six HealthTypes. Your personalised profile will reveal your unique specifics, as there are variations within each type. Only a full assessment can confirm your dominant type—but out of curiosity, which one sounds like you?



# The Sensor



Sensors are naturally slim with fine bones and long limbs. They're highly sensitive to their environment so require warmth and structured spaces with plenty of quiet time to recharge.

Like a bird—observant and independent—they thrive on routine and require warm well cooked food, due to their highly sensitive digestion. They are more suited to exercise such as light weights, yoga or walking. Deep thinkers, Sensors value one-on-one connection, logic, and order, but can easily feel overwhelmed by noise or unpredictability.

# The Crusader



Crusaders are naturally lean, athletic, and built for performance. They need clear goals to stay motivated—without a purpose, they struggle to maintain their health. Focused and driven, they thrive on structure and pushing their limits, both mentally and physically, often preferring solo endurance activities.

Crusaders do best with clean, efficient meals that include higher carbs to fuel their intense energy needs. They value logic, achievement, and control, and can become frustrated when things feel disorganised or out of their hands. They recharge through focused activity and seeing clear progress toward their goals.

# The Activator



Activators are compact, reactive, and naturally quick on their feet. They're energetic, spontaneous, and thrive on movement and variety. High-intensity workouts and short bursts of activity suit them best, along with light, frequent meals. Because of their fast pace, Activators need frequent rests to recharge and avoid joint inflammation or burnout.

They love fun, freedom, and fast-paced environments—but too much structure can feel stifling. Activators recharge through action, laughter, and social connection, and do best when life feels playful, flexible, and full of variety.

# The Connector



Connectors are naturally rounder in shape, with soft features and a warm, approachable presence. They're social, expressive, and thrive on connection, fun, and being around people. Dance, group workouts, and playful movement suit them best, along with small, regular meals. Having meals with others is crucial for their wellbeing, and they need a strong support network when exercising.

Routine can feel dull, so variety and enjoyment are key. Connectors recharge through laughter, conversation, and shared experiences, and feel their best when life is light, social, and emotionally rich.

# The Guardian



Guardians have solid, sturdy builds with strong digestion and a natural tendency to store energy. They thrive on routine, high levels of vegetables, and steady, low-impact movement like walking or strength training. They feel best when they avoid snacking and keep their smallest meal for the evening. In the morning, they need to put others first to feel safe and grounded before they can fully expand their energy.

Guardians are calm and need consistent environments help them feel secure. They value stability, loyalty, and practical support, and recharge through quiet time, reliable structure, and being of service to others.

# The Diplomat



Diplomats have broad, balanced builds and a calm, steady presence. With a long digestive tract, they do better with fewer, well-timed meals and slower eating. They respond well to consistent weight training, especially in the afternoon, as exercising in the morning can make them more prone to injury—their body tends to conserve energy early in the day.

Easygoing and supportive, Diplomats value harmony, comfort and connection. They can be prone to overthinking and procrastination, which may contribute to gut issues. They recharge in calm natural environments with time to reflect and process.



# Life- changing Transformations

## **Lorraine, 63, Nurse, Diplomat HealthType**



“Before starting the programme, I was struggling with low energy, poor sleep (waking at 4am), aches, pains, and ongoing gas and heartburn. I wanted to feel more energised for my children and grandchildren and to be a more positive influence for my patients. Through the programme, I learned to make gradual, sustainable changes that suited my body and mind – like avoiding morning caffeine, adding more vegetarian meals in the evening, staying hydrated, and practising mindful nasal breathing. Within weeks, my digestion and sleep had improved and I felt calmer, more positive and finally in tune with what my body needs.”

## **Joelle, 70, Childcare Business Owner, Guardian HealthType**



“Before starting the programme, I was exercising in the mornings but was always sore the next day and not seeing any changes in my fitness or body. Once I understood that my body responds better to afternoon training and adjusted my meal timings, everything changed. I now have the energy to keep going all day, I can push 10kg of weight with ease, and my medications have been reduced as my blood pressure and thyroid scores improved. My sleep is excellent, I feel lighter, and I finally feel in control of my health and wellbeing.”

# Align choices with your biology : energy, sleep and mood follow

Join Unlock Your Best Health Personalised Online Programme and get:

- Your full HealthType profile using the ph360 platform.
- Step-by-step guidance for food, exercise, sleep, Mindset, reduced stress, tailored to YOU.
- Practical tools to make healthy habits easy.
- Insights on perfect time to exercise, eat and sleep, for your body. It's a game changer.

And you can do it at your own pace—because your health journey should fit YOU

Join today and Unlock Your Best Health

[Get started](#)

