

What Body Type are you?

1)

- A Do you put on weight easily?
- B Do you find it hard to gain weight?
- C Is your weight fairly stable?

Mostly As: You are an Endomorph
Tend to be shorter and rounder in stature with the tendency to put on weight easily.

2)

- A Do you love carbohydrates but they don't love you?
- B Can you eat as much as you like without gaining a pound?
- C Can you afford to eat what you choose and stay in shape?

Mostly Bs: You are a Mesomorph
Tend to be of average height and weight and have a naturally athletic looking physique with good muscle definition or toned figure.

Mostly Cs: You are an Ectomorph
Tend to be above average height with long thin limbs and a slight build.

3)

- A Do you store fat around your stomach, bottom and thighs?
- B Do you have very little body fat and long limbs?
- C Do you have broad shoulders and a narrow waist?

Family genetics dictate which body type you have. You are most likely to fit one of these categories however it is common to display characteristics of more than one body type.

Each body type responds differently to various types of training for example weights and cardiovascular exercise and nutrition. Some body types need to do a larger proportion of cardio while weights may be the most important factor for others. The correct combination of these three factors for each body type will see that person maximize their individual potential.

4)

- A Have you been described as cuddly?
- B Have you been described as skinny?
- C Have you been described as athletic?

5)

- A Have you always 'battled the bulge'?
- B Do you long for muscles/curves?
- C Do you want to get back to your former glory or take your workouts to a higher level?

To find out how you can make the most of your body please contact us for a consultation.