



Know Your Body Type to Lose More

Knowing what body type you mostly are, gives you practical nutrition, training and lifestyle strategies. There are 3 body types. Pure body types are rare, it's mostly a spectrum

Characteristics and Tendencies

- **Type 1 (Endomorphic)**
 - ✓ Describe themselves with a slow metabolism
 - ✓ Usually big boned, large jointed
 - ✓ Tend to gain fat quickly when not exercising
 - ✓ Fall asleep easily and sleep deeply
 - ✓ Respond better to higher protein and low carbs
- **Type 2 (Ectomorphic)**
 - ✓ Have long limbs
 - ✓ Have small joints and are small boned
 - ✓ Have low strength levels before starting a strength training program
 - ✓ Tend to be overactive and restless
 - ✓ Have a fair carbohydrate tolerance
- **Type 3 (Mesomorphic)**
 - ✓ Have medium joint size
 - ✓ Have broad shoulders
 - ✓ Are naturally strong
 - ✓ Have good to great carbohydrate tolerance
 - ✓ Gain Muscle easily

Your body type does not define your destination, but it is a valuable tool to understand how to get to your destination.

Body type strategies for nutrient, training and lifestyle

- **Type 1 (Endomorphic)**
 - ✓ Reduce carbohydrate intake
 - ✓ Limit carbs around training times
 - ✓ Include more lean protein, healthy fats, and fibrous carbs
 - ✓ Plan EARNED cheat meals to fit in your allowed daily calorie amount
 - ✓ Get 45-60 min of steady cardio 5-7 times a week
 - ✓ Watch less TV. Replace TV with fun physical activity

- **Type 2 (Ectomorphic)**
 - ✓ Pay attention to food quality
 - ✓ Focus more on weight training
 - ✓ Do cardio training 20-45 minutes 3-5 x a week

- **Type 3 (Mesomorphic)**
 - ✓ Do NOT take your genetics for granted. Health is important too
 - ✓ Pay attention to food quality.
 - ✓ Eat for health and specific performance goals

Remember these are general recommendations. There is great value in the grey area.

Know your metabolic type

This basically comes down to how well you tolerate carbohydrates, sugar and alcohol. Does it make your stomach blow up and hang on to fat?



- **What body type are you mostly?**

- **What are your current nutrition habits, carbohydrate intake, food quality and sleeping quality and time?**

- **Based on your body type. What are your new strategies for nutrition and exercise you are absolutely committed to?**

“A consistent man believes in destiny, a capricious man in chance”- Benjamin Disraeli