



SAMPLE FAT LOSS GUIDE: WHAT'S YOUR BODY TYPE?

Just as our bodies are all unique, so are the ways in which we need to eat and exercise!

The following are 3 main body types and strategies for decision-making confidence at the store and when working out:

Type 1 (Endomorphic or “Endo”) :

- You would describe yourself as having a slow metabolism
- Feel you are big boned, large jointed
- Keeping fat off when not exercising is a challenge
- You tend to fall asleep easily and sleep deeply
- Your body responds better to higher protein and low carbs

Type 2 (Ectomorphic or “Ecto”)

- You have long limbs, small joints and are small boned
- Your usually trying to gain muscle or support your endurance exercise
- Feeling overactive and restless is common
- Your body responds fairly well to carbohydrates

Type 3 (Mesomorphic or “Meso”)

- You have medium joint size and broad shoulders
- Are naturally strong and gain muscle easily
- You have a good to great carbohydrate tolerance

YOUR UNIQUE STRATEGY

Type 1 (Endomorphic)

- Mindfully eat- Slow down! Just eat
- Eat breakfast within 30 min of waking
- Drink 5-8 glasses of water a day
- Reduce carbohydrate intake
- Limit carbs to around training times
- Include more lean protein, healthy fats, and fibrous carbs
- Plan EARNED cheat meal once a week
- Get 45- 60 min of steady cardio 2 -6 times a week

Type 2 (Ectomorphic)

- Mindfully eat- Slow down! Just eat
- Eat breakfast within 30 min of waking
- Drink 5-8 glasses of water a day
- Pay attention to food quality
- Focus more on weight training
- Do cardio training 20- 45 minutes 3 -5 x a week

Type 3 (Mesomorphic)

- Mindfully eat- Slow down! Just eat
- Eat breakfast within 30 min of waking
- Drink 5-8 glasses of water a day
- Do NOT take your genetics for granted
- Health and energy is important too

