



## What's my body type ? How can I change it?

Do you ever wonder what your body type might be and how you can optimize results from training based on it?

The discovery of your samatotype will be beneficial to your training effectiveness and eating, this test will take up to 3 ¼ of an hour and a report will be given the following day.

Priority Fitness Inc. offers the test for a mere \$45 !

Take advantage of this new discovery now!  
Call DJ 021 173 7257 or PriorityFitness@Gmail.com

### Dieting & Training by Body Type

Knowing how a body will respond to certain dieting and training methods can be very helpful. One factor that can be a big help in guiding individuals toward what may work best for them is considering their body type. The three basic body types are:

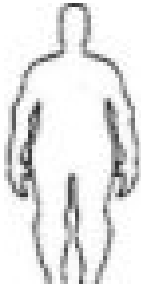
**Endomorph:** Usually puts on muscle easily and retains it for long periods of time, but typically stores larger amounts of body fat. In restricted caloric conditions, they can retain muscle better. The problem for endomorphs is having trouble taking off the last little bit of fat. Endomorphs almost always have sensitivity to carbohydrates, although this does diminish with the addition of more muscle and proper dieting.

**Mesomorph:** Normally maintains a muscular build with little body fat. Generally gains muscle easily, retains muscle well, and has a fast metabolism. Can eat almost anything and still lose fat and gain muscle. It is not uncommon to see a mesomorph diet only four to six weeks in preparation for a competition. It is estimated that pure mesomorphs make up only about 1-2% of the population.

**Ectomorph:** Has smaller muscularity and little body fat. Has trouble filling out and often looks ripped, but with little sweep to the muscle. Has a bony structure and exhibits little muscularity. Ectomorphs are not ideally suited for bodybuilding, but there are a number of highly successful ectomorphs in competition.

#### **What Type Am I??**

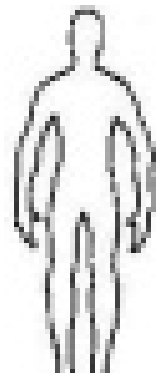
In order to "accurately" determine your body type, you needs to consider determining factors such as bone structure, skeletal muscle disposition of fast/slow twitch fibers, tendon lengths in relation to muscle insertion points, endocrine and thyroid function, and normal levels of thyroid stimulating hormone, testosterone and estrogen. However, you can usually gather a pretty accurate assessment that isn't so technical.



**Endomorphs:** The naturally large person characterised with a round face, wide hips, big bones, slow metabolism and high number of fat cells.



**Mesomorphs:** The naturally muscular person with wide shoulders, small waist, athletic build, low body fat percentage with an [Increase Metabolism](#).



**Ectomorphs:** The skinny person with a linear appearance, small muscles, ultra fast metabolism, low body fat, narrow shoulders, hips and waist.