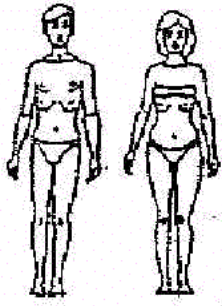


BODY TYPES

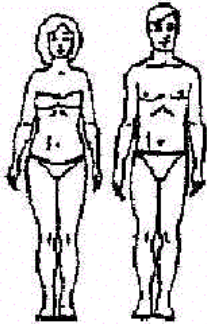
Most people have a genetic predisposition toward one specific body type with traits from a second body type. You cannot change the basic body type you were born with, but you can achieve optimal physical fitness and health through healthy eating and physical activity.

ECTOMORPH



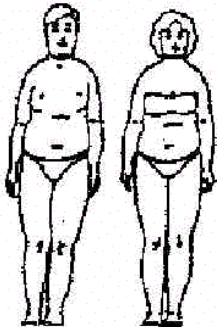
- Thin
- Flat chest
- Delicate build
- Low body-fat percentage level
- High metabolism
- Has trouble gaining weight
- Small amount of muscle mass

MESOMORPH



- Medium-to-large bone size
- Low-to-medium body-fat percentage level
- Medium-to-high metabolism
- Gains or loses weight easily
- Grows muscle quickly
- Large amount of muscle mass

ENDOMORPH



- Round shaped
- Soft body
- High body-fat percentage level
- Slow metabolism
- Trouble losing weight
- Underdeveloped muscles