

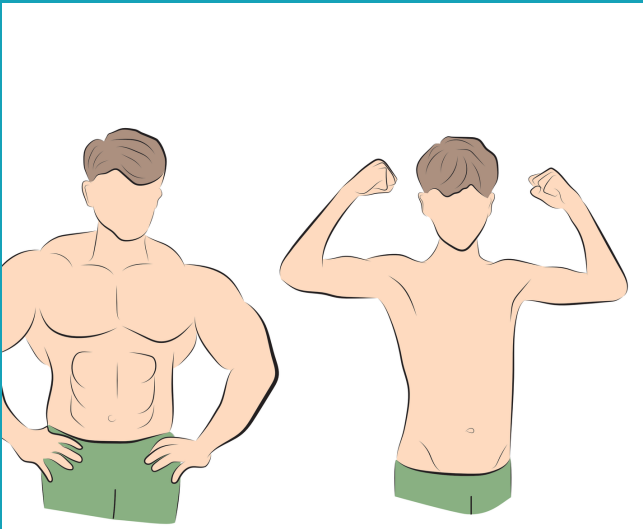
EAT RIGHT FOR YOUR BODY TYPE

LEARN HOW TO OPTIMISE YOUR DIET
FOR YOUR INDIVIDUAL NEEDS

WHAT ARE BODY TYPES?

It's easy to see that we are all built a little differently - some people are thinner and leaner, some are naturally muscular while others are broader and tend to carry more weight around the middle.

These different body types are a classification which identify these general characteristics, and helps us to understand why we all store fat and muscle differently.



WHAT DOES IT MEAN?

Most people think that your body type is just about appearance, but that's actually incorrect - In fact, your body type can tell you a lot about your athletic strengths and weaknesses, as well as your hormone profile and how you respond to certain types of food.

WHY DOES IT MATTER?

When you think about your training and nutrition needs, it can help to understand your body type so you can customise your diet.

When you align your diet with your body type, it becomes much easier to lose fat, gain muscle, improve your sport's performance and your overall health!

THE MESOMORPH

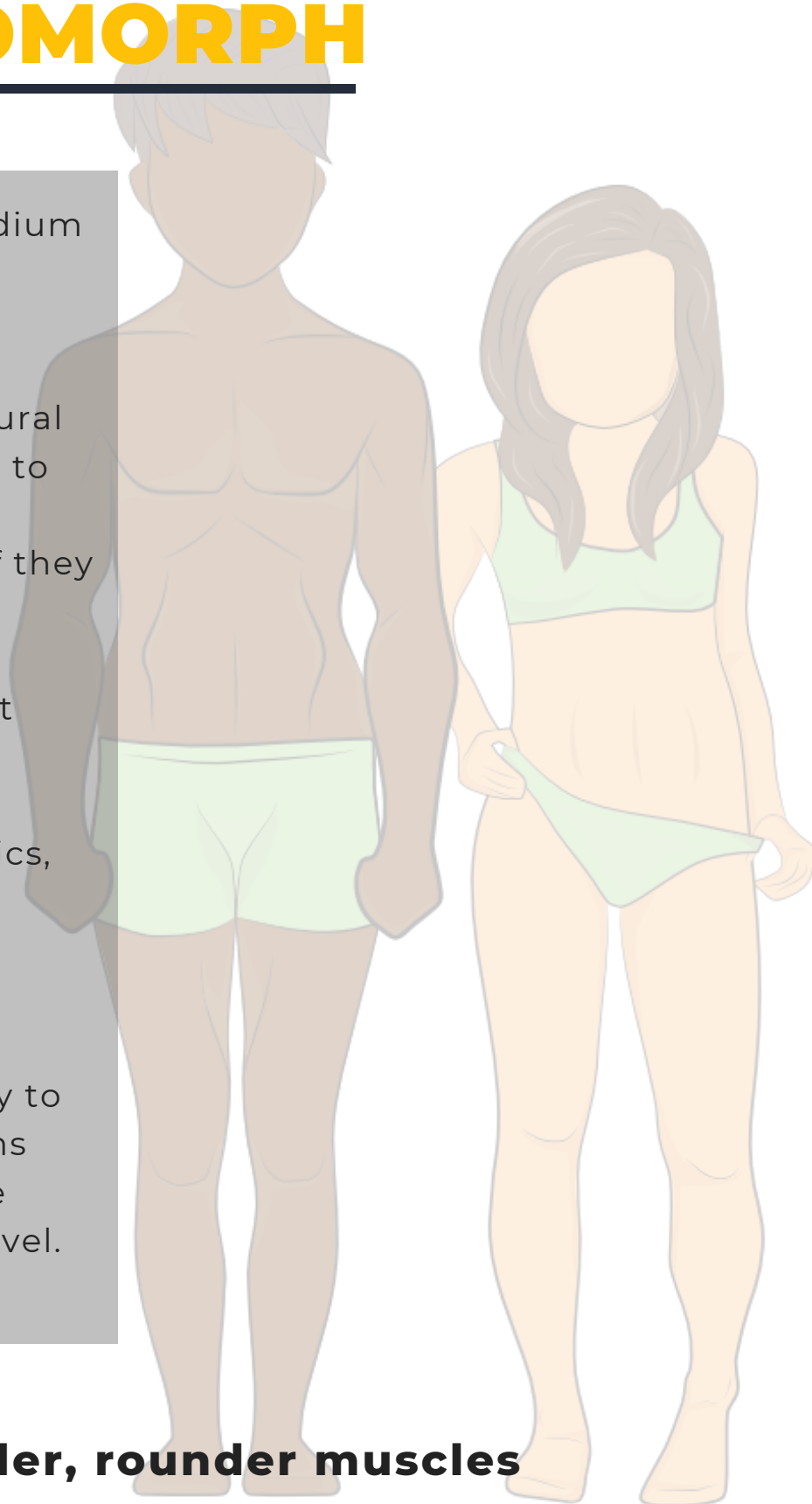
Mesomorphs have a medium frame and are generally muscular.

They tend to be our 'natural athletes' and find it easy to put on muscle and stay leaner, but can add fat if they overeat or stop training.

Mesomorphs are great at sports which require explosive strength and power, such as gymnastics, and martial arts. Body builders are often also natural mesomorphs.

Because of this tendency to gain weight, Mesomorphs must match their calorie intake to their activity level.

- **Medium frame**
- **Fuller chest, fuller, rounder muscles**
- **Lean, but can gain body fat**
- **Medium metabolic rate**
- **Gains muscle easily**



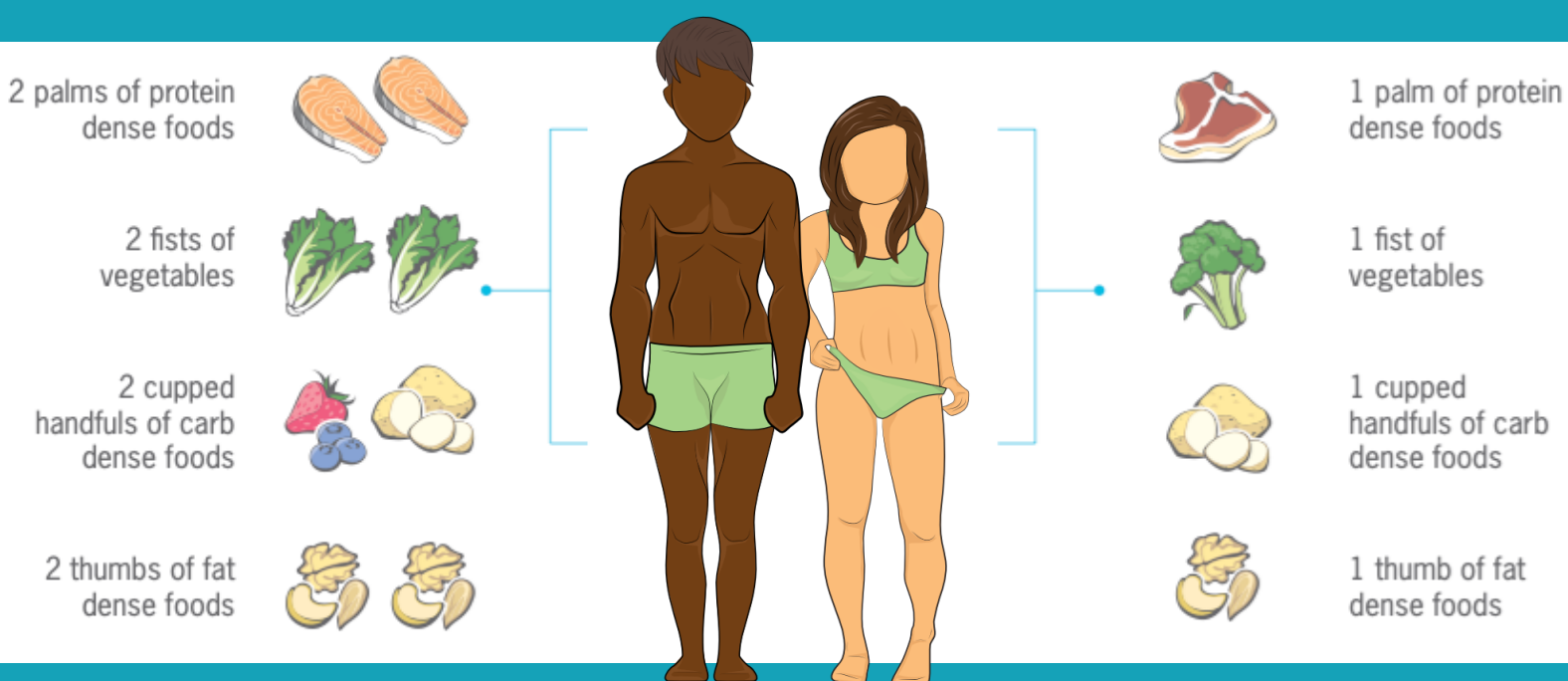
MESOMORPH FOOD RECOMMENDATIONS

When it comes to diet and fuelling your sport, mesomorphs want to eat just the "right" amount to support their activity and recovery.

Generally speaking mesos, want to follow a mixed diet, with moderate carbs, moderate protein, and moderate fat diet.

Something like 30% protein, 30% fat, 40% carb. At least as a starting point.

Lets look at what that looks like in terms of food...



WHAT TO FOCUS ON

The Mesomorphs physiology means they are more dominant in testosterone and growth hormone than other body types and this means they are predisposed to gaining muscle and having lower body fat.

However, they can also gain fat if they reduce their activity levels or overeat. For this reason, they require a structured diet, with relatively balanced proportions of food.

Focus on high quality proteins, unprocessed fats, complex carbohydrates and plenty of fiber-rich vegetables.