

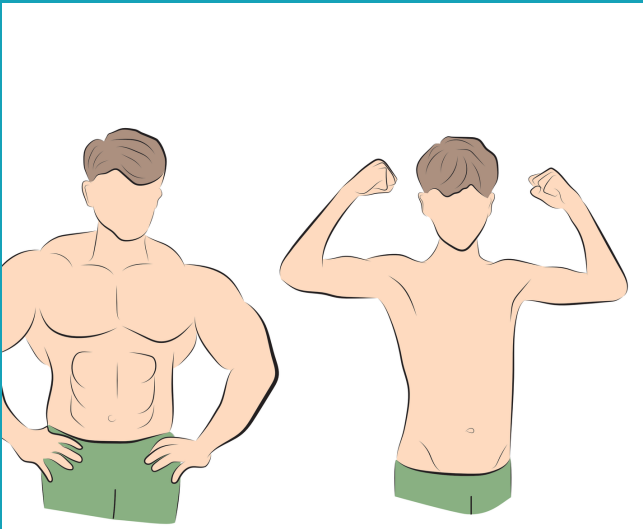
EAT RIGHT FOR YOUR BODY TYPE

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!

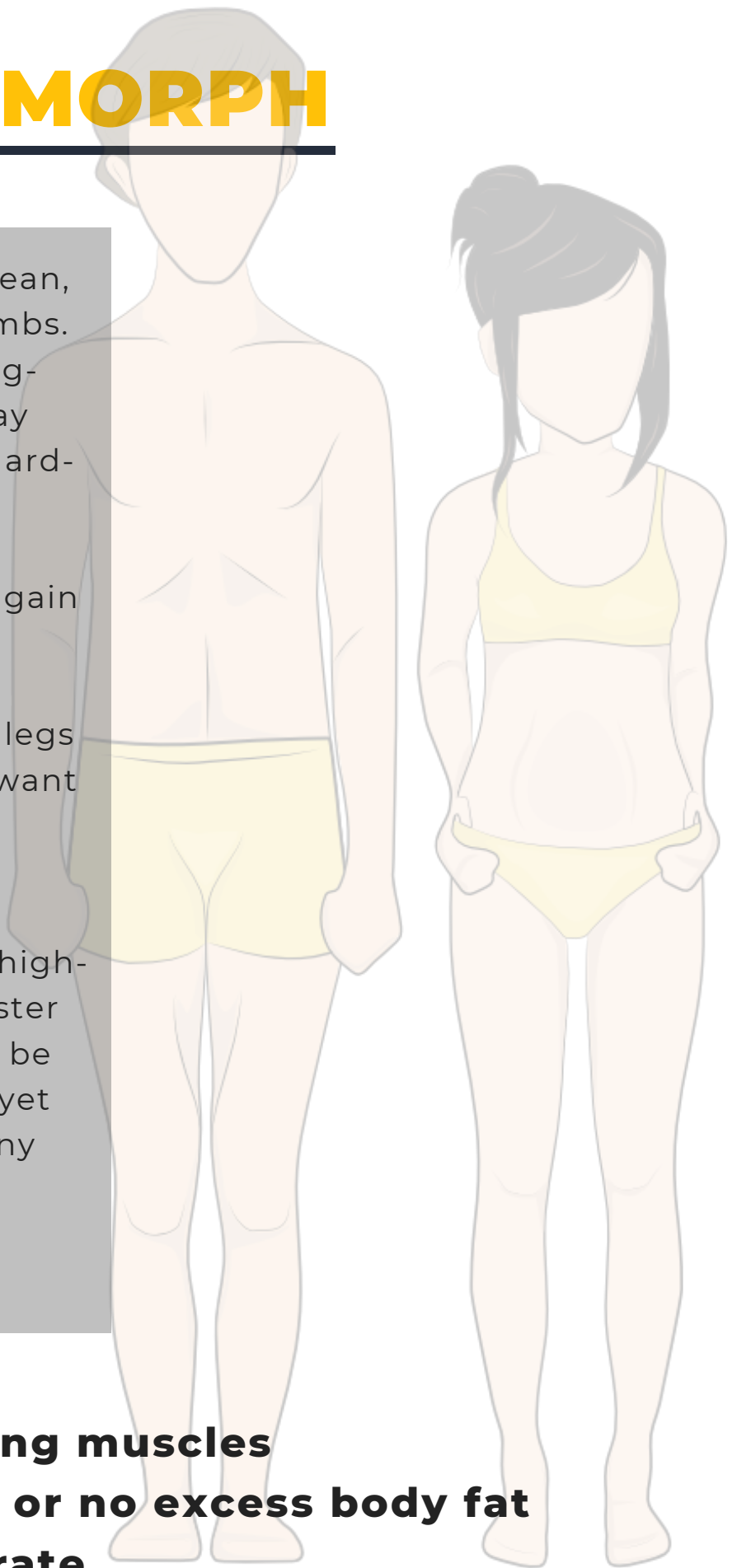
THE ECTOMORPH

Ectomorphs tend to be lean, with long and slender limbs. These are our typical long-distance runners and may refer to themselves as 'Hard-gainers' at the gym.

Very often, they want to gain some weight, add more muscle and strength, perhaps to 'fill out' their legs or arms. They may also want to fuel their endurance performance.

Ectomorphs tend to be 'high-energy' people with a faster metabolic rate, and may be someone who eats a lot yet never seems to put on any weight!

- **Smaller frame**
- **Flatter chest, long muscles**
- **Lean, with little or no excess body fat**
- **Fast metabolic rate**
- **Often high-energy, but with frequent lows**

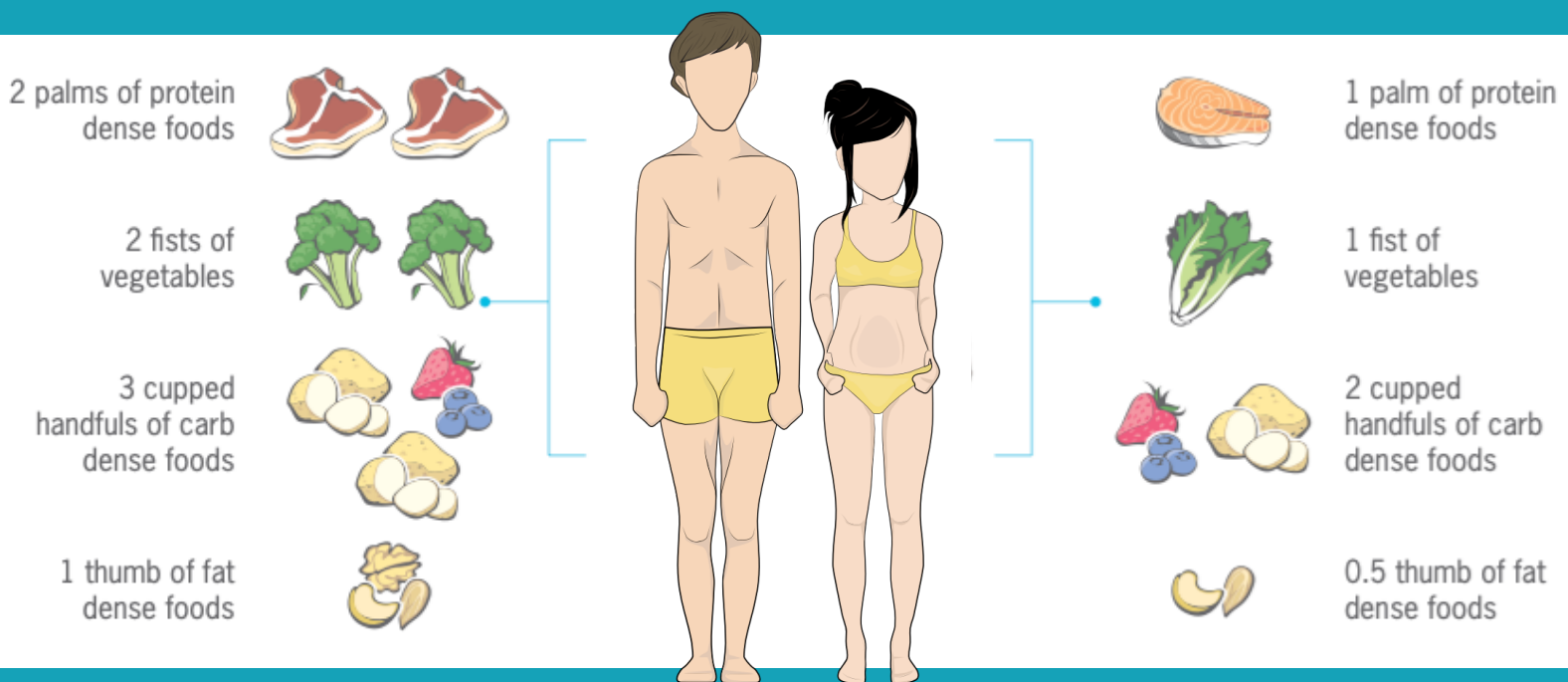


ECTOMORPH FOOD RECOMMENDATIONS

When it comes to diet and fuelling your sport, Ectomorphs tend to have a fast metabolism, and can tolerate more carbs in the diet. They typically want to add muscle overall, or maintain muscle for high-volume sport, like running marathons or triathlons.

Generally speaking then, they will want to follow a higher carb, moderate protein, lower fat diet. Something like 25% protein, 20% fat, 55% carb. At least as a starting point.

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



WHAT TO FOCUS ON

The Ectomorphs faster metabolism means they burn through calories more efficiently, and because of this, have a higher tolerance for carbohydrates (a preferential energy source).

As an Ectomorph, you should eat a higher percentage of high carb foods through your day. You also need more both during and after exercise.

A good place to start is starchy vegetables, whole grain, unprocessed carbs like wholegrain rice, or some fruit.