

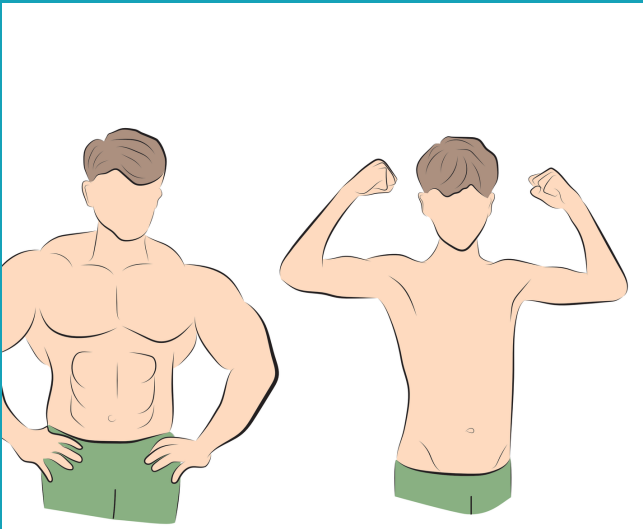
EAT RIGHT FOR YOUR BODY TYPE

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 ENDOMORPH

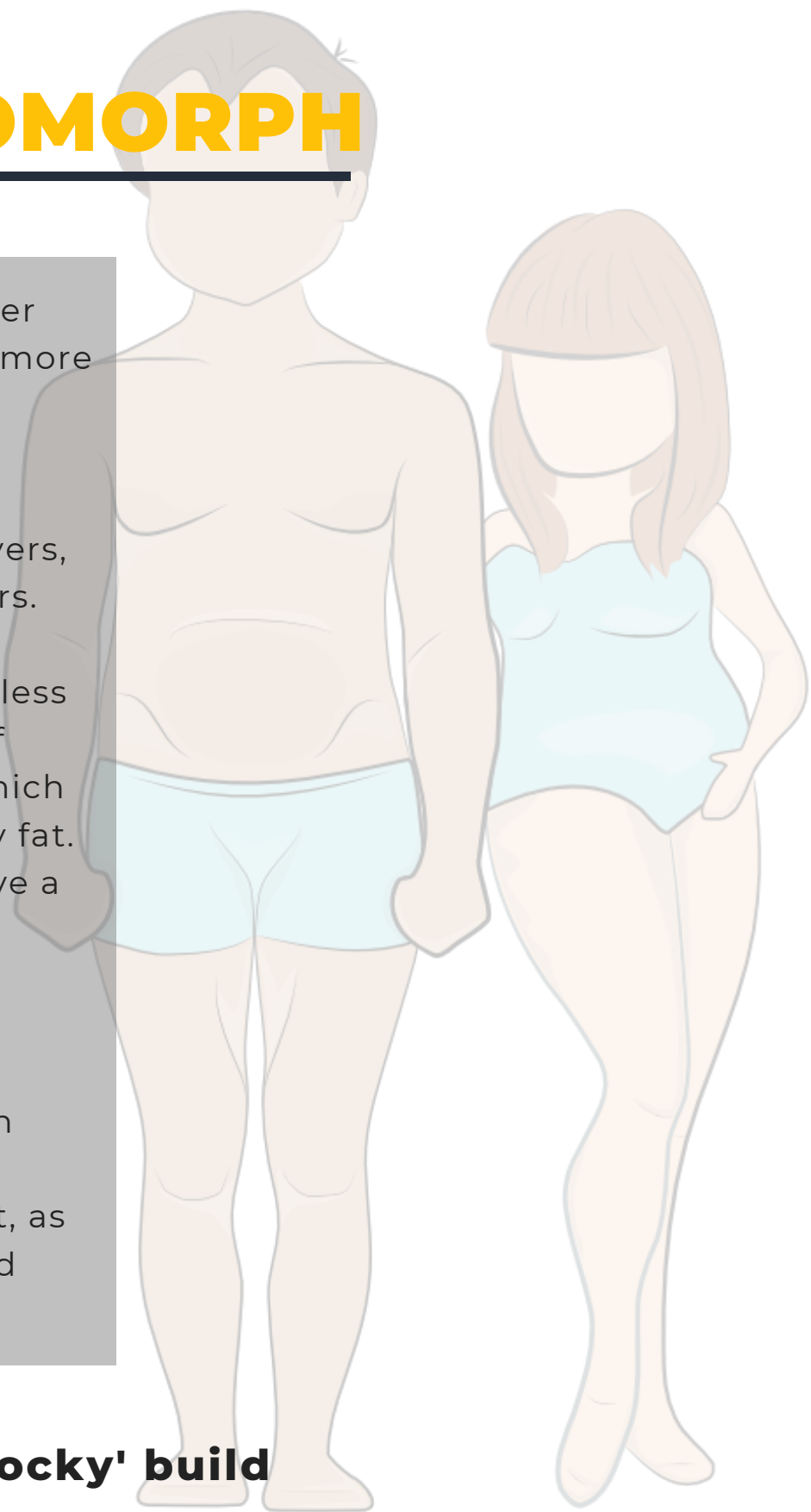
Endomorphs have a larger frame and tend to carry more body fat and are heavier overall

These are the rugby players, powerlifters and wrestlers.

Endomorphs tend to be less active and don't burn off excess calories easily, which then gets stored as body fat. Because of this, they have a lower tolerance for carbohydrates.

Counterintuitively, they actually tend to do much better with a higher percentage of dietary fat, as well as more protein, and lower carbohydrates.

- **Large frame, 'stocky' build**
- **Rounder muscles**
- **Slow metabolic rate**
- **Tends to be less active**
- **Gains fat easily**

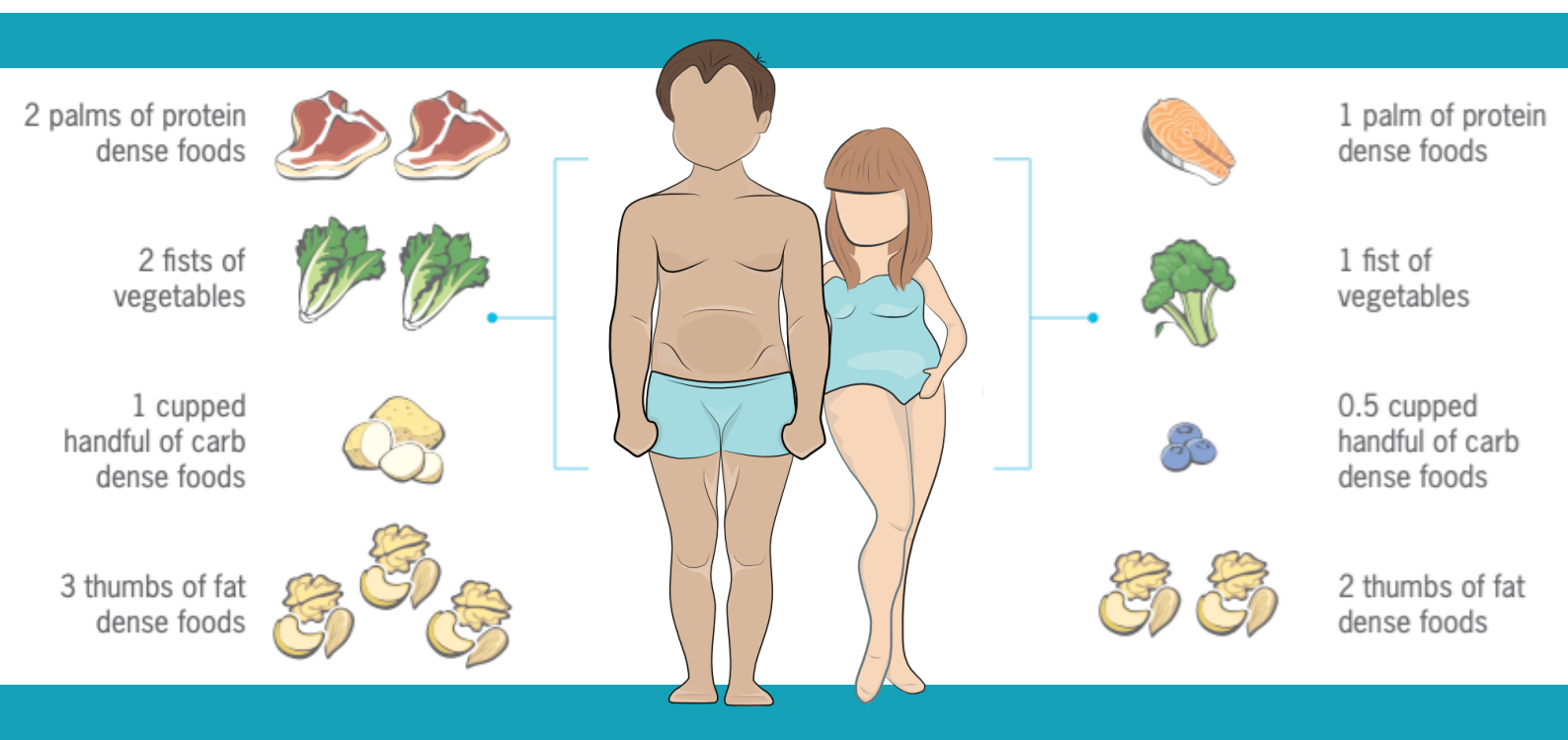


ENDOMORPH FOOD RECOMMENDATIONS

When it comes to diet and fuelling your sport, endomorphs want to avoid gaining excess body fat.

Generally speaking endos want to eat a higher proportion of dietary fat, and because they have a lower carb tolerance, they should eat a more low-carb approach, as well as moderate protein. Something like 35% protein, 40% fat, 25% carb. At least as a starting point.

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



WHAT TO FOCUS ON

The Endomorphs physiology means they are more dominant in the hormone Insulin, which means they have a much lower tolerance for carbohydrates than other body types.

For this reason, they will find it easier to gain body fat if they overeat carbs. Counterintuitively then, they should include a relatively higher proportion of dietary fats, while keeping carbs low.

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