**A SIMPLE SUSTAINABLE APPROACH TO BUILDING MUSCLE**

Understanding your body is the first step to staying fit and healthy. There are three body types, and it is critical to know what type is your body so that you know how to handle it. By understanding and knowing your body type, you will be better placed to develop the suitable nutritional system and suitable exercise. We are going to see the three body types and we will also see how you will be able to recognize your body type. The three body types are largely referred to as the **somatotype. It** is used to define the shape and physical component of the human body.

Somatotype classification was developed by the US psychologist, William Sheldon in the 1940a and since that time doctors, sports coaches, fitness coaches, physiologists and psychologist have used it to train individuals on the best sustainable approach to staying fit and health. In summary, the three somatotypes are:

* **Ectomorphs:** ectomorphs tend to have a lean body. They have thin and long muscles particularly in the arms and the legs. They also have low fat content and high metabolism rate. Ectomorphs are normally so thin that they have the strongest desire to increase their weight and muscles. So, if you are an ectomorph, you need to take food that has high calories and carbohydrates. Taking food rich in healthy fat will also be highly beneficial. Also, avoid a lot of aerobic exercise and focus more on good weight lifting exercises.
* **Endomorphs:** the endomorphic body frame has high fat content and as a result, endomorphs tend to be solid and stocky. Their metabolism is slow and they easily store a lot of fat in the body. Endomorphs are commonly characterized by short hands and legs with wide waist. For endomorphs, what they need to do is take food which is high in protein content, low carbohydrates. As a rule, if you are an endomorph, you need to avoid fatty foods like fried foods and increase your exercises. You also need to take in plenty of water and engage in weight lifting exercises. Doing a lot of aerobics will also burn fats in the body thus leaving you healthy. The exercises need to be done at least daily because the moment you stop, your body will quickly return to that unhealthy state.
* **Mesomorphs:** mesomorphs tend to have wide shoulders, slender waist and macular bodies of lean frame. They have low boy fat and high/fast metabolism. Mesomorphs are naturally well suited for most sporting activities because they have no problem with building muscles. They lose fat easily. However, mesomorphs need to exercise regularly in order to stay fit. They also need to eat healthy; otherwise, their bodies tend to deteriorate, at a faster rate than the ectomorphs, if neglected.

Having known the different types of somatotypes, it is critical to remember that it is nearly impossible to have 100% of one body type. Usually what you will find is that most people tend to have a combination of these body types. In fact it is very rare to find one having just one type of the body. Many have a combination of two or all the three body types, although, you will find that one tends to have one body types which is predominant. Having a clear understanding of your body types will help you to develop a friendly routine of exercise and healthy eating habits that will enhance your physical wellbeing.

Whichever body type you have, and whichever form of exercise plus diet you choose to adopt, staying consistent with the exercises and the diet is the key to sustained results. It is not a one day event or something you do for some time. If you are looking for lasting success with your body health, then, you need to be highly disciplined. Many people start the fitness training but they do not stay at it for long. The temptation to take some foods become too much for them to resist. The laziness of failing to go to the gym and perform some workout turns out to be their hindrance to attain fitness. The ignorance of how best to handle and maintain their body is their number one enemy a healthy and fit body. But, now that you know, develop a plan (or with your fitness coach) on how to bring out the best of your body)