

Lebanese International University

Sport and Health course (PHED200)

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**Ectomorph Body Type:**

* Definition of ectomorph :

An ectomorph has the body type that is most often seen in the pages of fashion magazines. They are slim boned, long limbed, lithe and have very little body fat and little muscle. Ectomorphs tend to have fragile, delicately built bodies and find it difficult to gain weight or add muscle. Supermodels, ballerinas and basketball players most commonly fall into this group.

**ECTOMORPH CHARACTERISTICS**

* Skinny
* Small joints/ boned
* Long arms and legs
* Linear physique
* Small shoulders
* Lightly muscled
* Small chest and buttocks
* Low body fat (without exercising or following low calorie diets)
* Can eat anything they like without weight gain
* Fast and efficient metabolism
* Difficulty gaining weight
* Hyperactive
* Difficulty in gaining muscle mass

**ECTOMORPH PROBLEMS**

Although ectomorphs tend to be adore, we must remember that they have problems of their own. Ectomorphs tend to lack shape because of their low muscle mass. Female ectomorphs are likely to be flat chested and may complain of looking boyish, wishing they had more womanly curves. Male ectomorphs struggle to increase their muscle mass and may look wiry. As you see, they too, have to work hard to achieve their goals. As ectomorphs lack muscle mass, thus they need to keep their weight lower than endomorphs or mesomorphs. Furthermore, some ectomorph want and struggle to gain weight – muscle and some fat.

With age, even the super-fast metabolism of the ectomorph slows down and as a result, they often gain weight, since they are not used to exercising or watching their calorie intake. However, this is an opportunity for male ectomorphs to gain muscle and female ectomorphs who want more curves to get them. Brad Pitt for example, has become much less ectomorphic over the last few years, as has Kate Moss.

**What should ectomorph eat?**

* Ectomorphs tend to respond well to carbohydrates, so you can eat those freely. You’ll just want to choose healthy sources, including fiber-rich fruits, veggies, and whole grains. To optimize your health, reach for plenty of protein, including from lean animal sources and plants like nuts and seeds. Prioritizing protein (along with strength training) will help with your muscle-building efforts.

Here are some of the foods you can eat on the ectomorph diet:

* Meat and Fish
* Chicken
* Turkey
* White fish (cod, mah-mahi)
* Seafood (shrimp, scallops)
* Eggs
* Lean steak or beef
* Dairy
* Fat-free or low-fat yogurt or milk (keep to 1 serving a day)
* Fruits and Vegetables
* Berries
* Mango
* Oranges
* Apples
* Pears
* Banana
* Cauliflower
* Green beans
* Broccoli
* Asparagus
* Brussels sprouts
* Squash
* Nuts and Seeds
* Almonds
* Pistachios
* Peanuts
* Sunflower seeds
* Pumpkin seeds
* Grains and Starchy Vegetables
* Whole-wheat bread
* Old-fashioned or steel-cut oats
* Brown rice
* Quinoa
* Farro
* Sweet potato

**ECTOMORPH WORKOUT & NUTRITION PLAN**

Ectomorphs may be underweight, but over-fat and thus be carrying too much body fat and not enough lean mass (muscle). Hence, the skinny people who look wobbly naked and the term skinny fat. Ectomorphs can benefit, as much as the other two body groups, from body fat (composition) measurements. Even ectomorphs can’t get away without exercise if it is a super sleek toned body they are after.

If it is shape you want, you need to increase your muscle mass. The ectomorph diet should choose nutrient and calorie dense foods for their snacks and meals, such as nuts, sunflower seeds, dried fruits, and starchy vegetables. Also, try a weight gain diet for ectomorphs, if you want to put on weight.

If you are struggling to gain weight, it may be a good idea to visit your doctor to rule out any underlying medical conditions. People suffering with hyperthyroidism for example, experience weight loss, are unable to gain weight and tend to be hyperactive and fidgety.