

## Training and diet needs according to body type

Should your body type affect the approach used for your diet and training strategies? There's evidence it that does, here are some of the current attitudes towards how body type affects training & diet.

Your body usually leans towards one of three main somatotypes, or body types, Endomorphic (medium to heavy frame & smooth), Ectomorphic (light to medium frame and lean), and Mesomorphic (medium to heavy frame and muscular).

Classifying body types goes back to the Greek philosophers. Here are some observations that are frequently made in the present about the various body types, see if they ring a bell with some of your own needs and tendencies.

**Endomorphic:** Endomorphs tend to gain weight and strength easily and will often admit to looking at food as a source of comfort. Endomorphs will usually benefit from a diet lower in carbohydrates and can adapt well to a variety of strength training plans. Strategically employed workouts utilizing or combining high volume, high intensity, or long duration can all be beneficial.

**Ectomorphic:** Ectomorphs tend to lose weight easily, struggle to gain muscle and will tend to view food as just a source of fuel. Ectomorphs store very little fuel in their bodies, will not always tolerate fats and often need a higher carbohydrate intake to keep up with a constant need for fuel. From a training perspective Ectomorphs will not tolerate workouts that work well for the other body types. Training programs that utilize short workouts with strategically placed periods of low-repetition and high intensity will be most efficient for these “hard-gainers”.

**Mesomorphic:** Mesomorphs will gain muscle and strength easily with relatively low body fat and will have a more neutral attitude towards food usually tolerating and utilizing all of the macro-nutrients well. As far as training just about everything works for the mesomorph. When a training plateau does occur borrowing some strategies from the Ectomorph can reestablish progress.

If you are struggling with your strength or fitness training you may be fighting your bodies natural tendencies. Identifying your body type and working within its characteristics will increase your chances for consistent success.