



“How Your Body Type Dictates Your Fitness Goals”

Have you ever seen two different people follow the same diet and training program and get two different results? This is because your individual respective body type dictates the type of exercise and nutrition program you should be on.

Because body types vary, it makes no sense for everyone to follow the same fitness program. Certain body types are sensitive to different programs. For example, the speeds of metabolism versus carbohydrate consumption are very different among different body types. There is no such thing as a “one program fits all body types.” If you’re serious about your fitness goals, it is important to find a program that’s right for you.

For example, one with an ectomorph body type is naturally thin. Typically, fitness goals for an ectomorph are to gain size and muscle. An ectomorph can consume high levels of carbs with no negative effect. This is because of a speedy metabolism and high carbohydrate tolerance.

One with an endomorphic body type is naturally thick and sometimes overweight. The most common fitness goal for someone with this body type is to lose body fat. An endomorph has a slow metabolic rate and low carbohydrate tolerance, meaning it’s harder to consume dietary loads of carbs.

Lastly, if one is a mesomorphic body type, they are usually naturally muscular and athletic. Typical fitness goals are to build or maintain muscle mass and a low body fat percentage. A mesomorph has moderate tolerance for carbohydrates, and a fast metabolism.

These examples show us that genetics and body type play a big role in setting and achieving fitness goals. An endomorphic body type will have to work harder than others to lose weight because of a slow metabolism and lower carb tolerance.

For a mesomorphic body type, rather than doing cardio every day, one may only need it a couple times a week because the body’s metabolism is working fast. An ectomorph body type won’t need as much cardio because their goal usually isn’t to lose weight.

Growing up, I started with an ectomorph body type, meaning I was very lean. As I got older, I began lifting weights and building muscle. I have since transformed into a muscular mesomorph, and have maintained that body type for many years. Remember that just because you are born with a certain body type does not mean you can’t change that body type as an adult if you take the right steps.

Obi Obidike is a celebrity trainer and top fitness expert. He has written over 150 fitness articles as a columnist for several top fitness magazines and websites. Obi is a well-known fitness personality, and has graced the cover of over 50 fitness magazines. He

has also traveled the world as a motivational speaker. Based in Southern California, his mission is to motivate and transform as many people as he can into fit, healthy individuals. To find out more information about Obi, go to www.obiodadike.com.

Find Obi online:

Facebook: <https://www.facebook.com/pages/OBI-OBADIKE/102272353153559>

Twitter: @Obi_Obadike