

## **Eat for Your Body Type: A look at facts to help you stay fit.**

Years of research into body types and **body type metabolism** have shown that the type of body that we have determines how healthy and fit we really are. The phrase 'looks can be deceiving' is more than applicable in this case. What this really means is that just because a person is fairly thin and does not gain an ounce no matter how much they eat, does not really mean that they are perfectly fit. At the same time, a person whose has endomorph body type doesn't necessarily mean that they indulge in excessive eating and hence are over-weight. So, this brings us to the question of what is actually meant by a proper diet and how to **eat for Your Body Type**.

Before one sets out to prepare an ideal diet for oneself, it is tremendously important to understand one's own **body type metabolism**. Without undertaking this first step, one may go on and follow innumerable diets to stay fit without any actual results. Do not be surprised if this is in your experience as without a clear understanding of your particular **body type metabolism**, it is almost impossible to find the right way to **eat for Your Body Type**.

### Endomorph body type

Most people who look obese and overweight usually belong to the endomorph body type. They generally have a very slow metabolism rate when compared to other body types. Another characteristic of such endomorph body types are that they have a difficulty in losing weight but they gain weight very easily. If you belong to this category, it becomes exceedingly important to pay close attention to relevant **Body type exercise and diet**. Women who are of this body type can be benefitted by understanding **Female body types** and their corresponding **Body type exercise and diet**. People who belong to this category usually do not pay attention to the concept '**Eat for Your Body Type**' and hence do not get the desirable results.

Let us take a deeper look into an ideal **endomorph body type diet** which will help you in the quest to eat **for your body type**.

1. Adding a fair amount of good proteins to the everyday diet. Lean meats like fish are a great source of protein.
2. Whole grains and cereals are a relevant addition to an **endomorph body type diet**.
3. Since people with endomorph body type have low metabolism, it helps to have several small meals instead big ones. This will definitely boost one's metabolism rate and help to burn excess fat.
4. Aerobic exercises make for a good way to stay fit. Walking, jogging and other exercises which raise your heart rate is an essential part of a good **body type exercise and diet**.
5. To **Eat for Your Body Type** is to bring in a radical change into your eating habits replacing the foods that longer serve your need. It can be quite a testing quest to completely change one's eating habits. The difficulty in this can be reduced to a certain extent if one makes their eating a lifestyle and not just a diet.