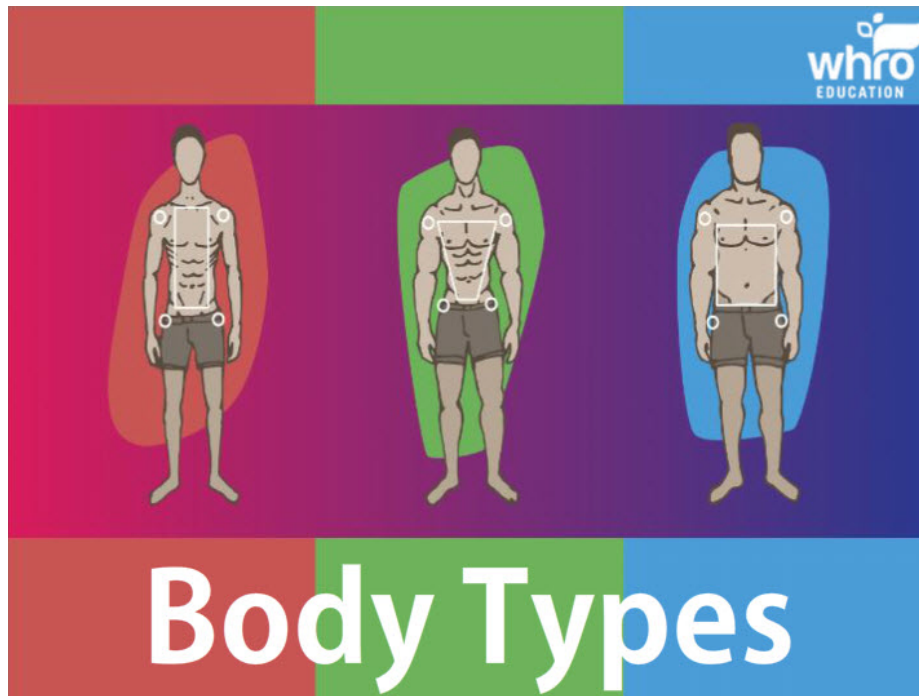


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Introduction

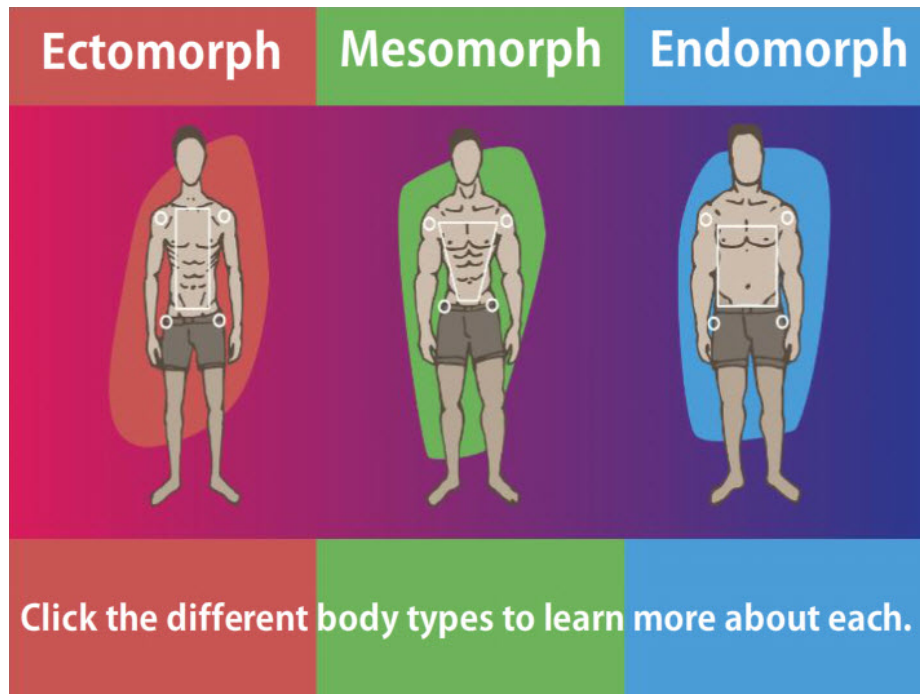


Body Types

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Body Types



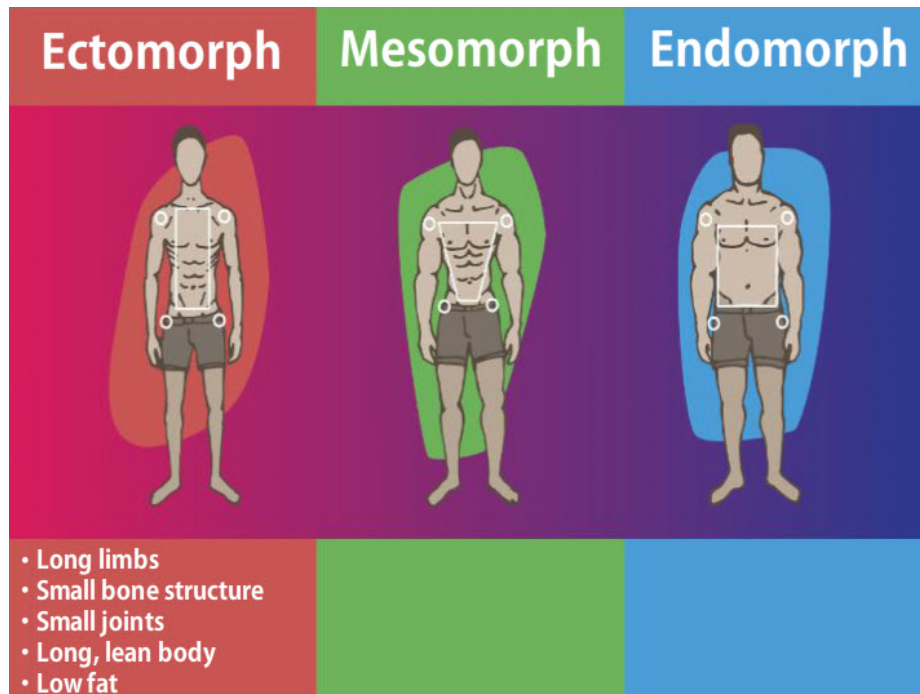
Body composition is the combination of fat mass and fat-free mass, such as muscles, bones, and joints in the body. The structure and arrangement of fat mass and fat-free mass in the body characterize different body types. Ectomorph, mesomorph, and endomorph are three examples of body types. Most people have a body that includes characteristics of more than one of these examples. Regardless of the body type, muscle composition and fat storage are ultimately dependent upon nutrition, fitness, and exercise.

Click the different body types to learn more about each.

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Ectomorph

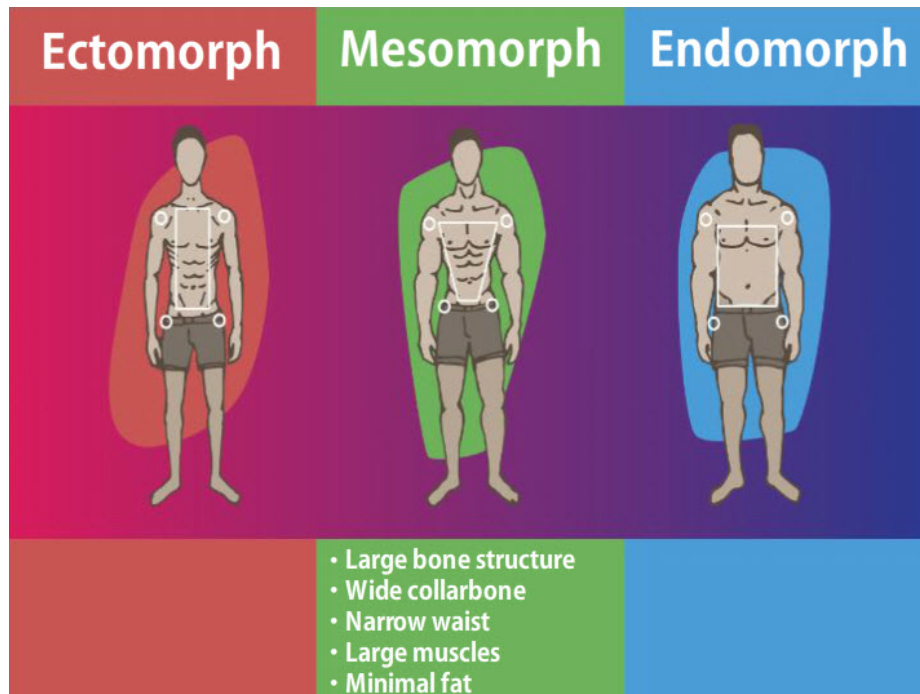


A person with an ectomorph body type will generally have long limbs, a small bone structure, such as a narrow collarbone and hips, small joints, such as wrists and ankles, and lean muscles. An ectomorph body is generally described as long and lean as this body type does not typically store much fat.

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Mesomorph

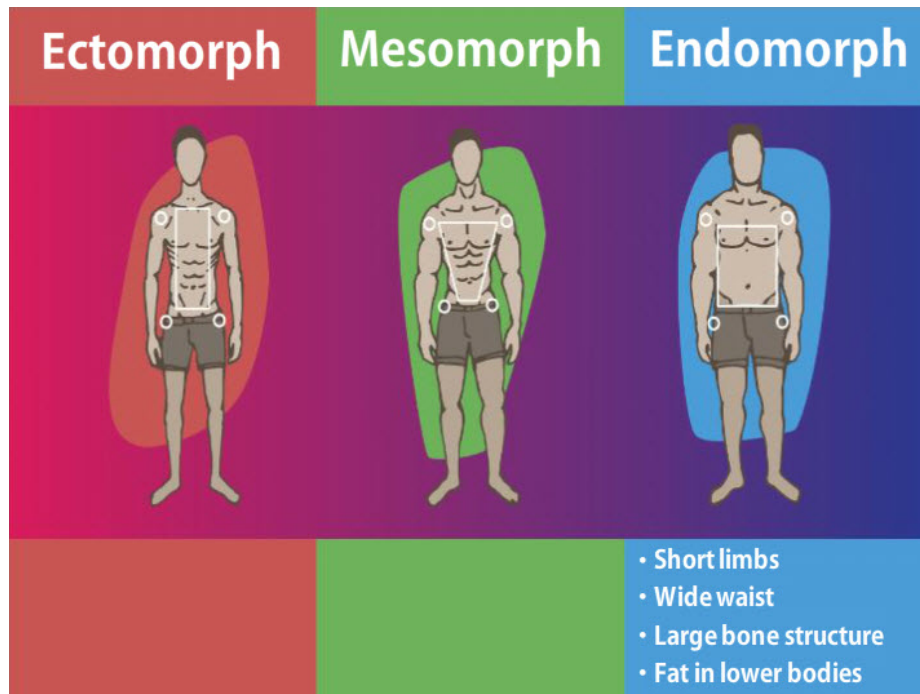


A person with a mesomorph body type will generally have a large bone structure, including a wide collarbone and shoulders, a narrow waist, and large muscles. A mesomorph body type tends to store a minimal amount of fat.

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Endomorph



A person with an endomorph body type has relatively short limbs, a wide waist, and a large bone structure. Endomorphs generally store fat in their lower bodies.