

Lose Weight Effectively? Know your body type to lose weight fast

It is certainly helpful to know your body type when you want to lose weight or build muscles. By knowing your own body type, you can then plan your health and fitness program to suit your specific body type for excellent result.

We shall discuss the 3 common body types and their characteristics here.

- **Endomorph:** Your built is big and usually have a round face, wide hips, big bones and slow metabolism. You also have a higher number of fat cells than usual. Bad news. That means you get fat easily. If you are in this category, well, you've got more work to do. You need a combination of high intensity cardio work, weight lifting and a healthy/correct eating to lose fat and build muscles. You will need more effort than others to lose weight.

- **Mesomorph:** You are blessed with a naturally muscular body and have with wide shoulders, small waist, athletic build, low body fat with a high metabolism. With your natural predisposition, you can pack on muscles real fast and are the type that can take up bodybuilding as a career if you want to. You excel naturally in sports and will always have that sexy and handsome body that is to everyone's envy.

- **Ectomorph:** You are skinny all your life with small muscles, very very high metabolism, low body fat, narrow shoulders, hips and waist. You find it hard to put on weight and muscles no matter how much you eat. You will need greater effort to build muscles on your skinny frame. You are called the hardgainer in the bodybuilding and fitness jargon.

Most people fall in between the three types. For example, a person can be a mixture of Mesomorph and Endomorph or Mesomorph and Ectomorphs.

Now that you have identified your body type, you can then write down your goals, objectives and the methodology you wish to take to achieve them. It is imperative that you must have written down goals and objectives so that you have a plan and a course of action to take for your lose weight or build muscles program. If you do not know how to plan your program, consult a personal trainer. You will then have a tool to measure your progress and check yourself whether or not you are doing things right or wrong and then to correct any errors and move on. Otherwise you will be without focus. Do you think you can progress if you exercise and eat in a haphazard way? Obviously not, isn't it?

By having a specific program to follow, it allows you to take concrete actions each day to achieve your weight loss build muscles goals. You will eat and exercise correctly and you will plod on and on until you have achieved the attractive and fit body that you have always desired.

Believe that you can do it and then get your hands dirty doing it! Dare to dream! If you do not dream, how then can your dreams come true?

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