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Ectomorph body type female weight gain

Excerpted from Just Your Type: The Ultimate Guide to Eating and Training Right for Your Body Type by Phil Catudal, with Stacey Colino. Copyright © 2019. Available from Hachette Books, an imprint of Hachette Book Group, Inc.If you're like many people, you might answer the question "what's your body type?" with a response like "hot," "weak," "strong," "flabby," "curvy," or another adjective based on your subjective judgments of yourself. But there are ways to figure out what your natural-born body type is, objectively speaking.These objective body types are based on the concept of somatotypes, which were developed in the 1940s to correlate body types with physical strengths and weaknesses, personality characteristics, and behavior. Subsequent evidence suggests personality has little to do with it. But there is research suggesting differences in physiques, hormonal responses, and physical performances in the original somatotype profiles hold true. And there is solid science behind using somatotyping for fitness and athletic training to enhance performance.RELATED: How to Train Right for Your Body TypeTo get a precise assessment of whether you're an ectomorph, mesomorph, endomorph, or a combination type, you could go to a lab and have your body fat, bone, and muscle mass measured. You can also gauge your body type right now by taking this quiz.Read each of the following questions or statements thoroughly and (honestly!) choose the option that best describes you. If you're not sure which of two responses applies to you, trust your instincts or choose both — you'll see why later.The Questions1. From an objective point of view, which of the following factors seems most prominent (or dominant) on your body when you look in the mirror?A. BoneB. MuscleC. Body fat2. How do your shoulders compare to your hips?A. My shoulders are narrower than my hips.B. They're approximately the same width as my hips.C. My shoulders are wider than my hips.3. Which of the following objects best describes your body shape?A. A pencilB. An hourglassC. A pear4. If you encircle one wrist with your other hand's middle finger and thumb, what happens?A. My middle finger and thumb overlap a bit.B. My middle finger and thumb touch, but just barely.C. There's a gap between my middle finger and thumb.5. When it comes to your weight, which of the following patterns best describes your history?A. I have trouble gaining muscle or body fat.B. I can gain and lose weight without too much difficulty.C. I gain weight easily but have a hard time losing it.6. Think about what your body looked like, before you corrupted it with poor dietary and exercise habits, once you reached your full height as a teenager or young adult. How did you look?A. I looked long and lanky.B. I looked strong and compact.C. I looked soft and full bodied.7. If you'd been exercising regularly and you were to take a break for a few months, what would happen to your body?A. I would lose muscle and strength quickly.B. My body wouldn't change that much.C. My body would soften up significantly and I might even gain weight.8. Put on a pair of form-fitting jeans — where on your body do they get extra clingy or even stuck?A. They don't. In fact, I can't keep them up without a belt.B. With a bit of work, I can wriggle my way into them over my muscular thighs.C. They get caught on my butt or belly.9. When you have a serious carb-fest (think: heaping plate of pasta or multiple slices of pizza), how do you feel afterward?A. The same as I usually do — normal, really.B. I generally feel good, though I notice my ab muscles are extra hard or my belly feels full.C. More often than not, I feel tired or bloated for a few hours after the meal.10. How would you describe your body's bone structure?A. I have a small frame.B. I have a medium frame.C. I have a relatively large frame.How to Figure Out Your Body TypeAdd up the number of times you answered A, B, or C. If you chose mostly A's, you're an ectomorph; mostly B's, you're a mesomorph; mostly C's, you're an endomorph.If your responses were divided fairly equally — as in 5 and 5 or even 6 and 4 — between two different letters, you likely have a hybrid body type. To be specific, if your responses were split between A's and B's, you're an ecto-mesomorph; if they're spread between B's and C's, you're a meso-endomorph; and if you found your responses in a 50-50 or 60-40 split between A's and C's, you're an ecto-endomorph.If you end up with a 7-3 division between two different types, it may mean that you've strayed off course from your true type with poor dietary choices, in which case the hybrid approach to diet and exercise will steer you back on the right track.Here's What Your Body Type Says About YouEctomorphs Generally thin and lean, ectomorphs tend to have slender waists, narrow hips and shoulders, small joints, and long legs and arms. They tend to be slim, without much body fat or noticeable muscle mass. Because they have fast metabolisms, they burn calories quickly, so ectomorphs may find themselves hungry frequently throughout the day; yet, regardless of what, how often, or how much they eat, they don't gain weight or muscle easily.RELATED: The Ectomorph Diet: Food List, Sample Menu, Benefits, and MoreMesomorphs Naturally muscular, mesomorphs typically have moderate-size frames, with wider shoulders and a narrow waist, strong arms and legs, and modest amounts of body fat. They are genetically predisposed to build muscle, so mesomorphs often require a slightly higher calorie intake (since muscle requires more calories to maintain it) and more protein than the other types do (again, for muscle maintenance). Generally, mesomorphs are able to lose or gain weight easily.RELATED: The Mesomorph Diet: Food List, Sample Menu, Benefits, and MoreEndomorphs Because they have a medium-to-large bone structure and more body fat than the other types, women who are endomorphs are often described as curvaceous or full-figured, while endomorphic men might be considered stocky, doughy, or round. Endomorphs usually have narrow shoulders and wider hips, and carry any excess weight in the lower abdomen, hips, and thighs. It's often challenging for them to lose weight but with the right diet and training approach, it can be done.RELATED: The Endomorph Diet: Food List, Sample Menu, Benefits, and MoreEcto-mesomorphs These hybrids are increasingly common, especially in the athletic world, where this physique is prized for being aesthetically appealing. In fact, for men and women alike, ecto-mesomorphs tend to have the "fitness model" look. Often muscular with V-shaped torsos (think: wide upper back, developed chest and shoulders, narrow waist), ecto-mesomorphs are lean and agile, with strong-looking (but not bulky) arms and legs.Meso-endomorphs Including variations where people have more predominantly mesomorphic or endomorphic qualities (rather than a truly even split), this is the most common hybrid, according to research. Many bodybuilders and contact sports athletes (like football players) have this body type. Characterized by thick arms and legs and a boxy chest and mid-section, this type looks powerful but it isn't chiseled. (This may be partly because people with this body type tend to retain water and a layer of fat on top of their muscles.)People with this kind of build who want to get a leaner physique should be prepared to take a more refined approach to resistance training, cardio workouts, and diet, so they can prioritize fat loss.RELATED: How to Exercise if You Have a Mesomorph Body TypeEcto-Endomorphs Usually, this is a behaviorally acquired body type — basically, someone who is really an ectomorph has added significant body fat, whether it's from poor eating habits, sedentary ways, or a combo of these less-than-stellar habits.With long limbs and a smaller bone structure, ecto-endomorphs often have soft midsections, droopy chests, and flabby upper arms and legs from sheer neglect. To improve fitness, body composition, and health, the most efficient plan for this type involves resistance training and high-intensity cardio, both of which promote muscle growth and stimulate metabolism.Since ecto-endomorphs may have developed some insulin resistance, their bodies may not be as efficient at burning carbohydrates, so they should follow a dietary plan that's suited to endomorphs — with a slightly higher protein intake, a medium fat intake, and lower carb levels — until the excess body fat comes off and metabolic function is optimized; then, these hybrid types can switch to more of an ectomorph approach (adding in more carbs).RELATED: How to Exercise if You Have an Ectomorph Body Type It turns out architecture is important for more than building skyscrapers. The overall shape of your body creates the basic framework and contour of the clothes you wear. A big basement or modest mezzanine can have an impact on how you look in, say, a pencil skirt or V-necked sweater. Knowing where you shine or where you need some clever camouflage will help you choose more flattering clothes, and probably save you a little money and a few embarrassing missteps, too.Nobody's perfect, and that's kind of comforting. Really. Those super skinny fashion models may look great, thanks in part to airbrushed photos and starving themselves until they have practically no shape to begin with, but the rest of us usually have at least a few body image issues to contend with. From pouchy tummies to butts that shift south a little further with each passing decade, our bodies are our ever-changing temples, where time, gravity and a genetic disposition to carry those few extra cookies around our hips can create dressing challenges. The good news is that clothes are great at accentuating the positive and eliminating the negative -- well, concealing it anyway.Body typing maps the human form and offers practical wardrobe solutions for common problems. If you look like an avocado in those green tights or think you may have had a waist once but it probably took a train for the coast a couple of decades ago, keep reading. We'll share what you need to know to identify your current body shape and make the most of it -- or least of it -- depending.For this little tutorial, you're going to need a full-length mirror, ideally a three-way mirror. What's with all the screaming in horror? This is important. Once you know your shape, you'll be able to recognize your fashion friends and enemies at 10 paces.Before you start evaluating your physical flaws, take a second to remember who you really are first. You are a soldier in the trenches: You probably work, clean, cook and still try hard to do it all with good grace. You wash hundreds of loads of laundry a year, run errands and pay bills. You're a mother, lover, daughter and friend. You're a lady when it calls for it and a street fighter when things get tough and Superman is on a break. It's a brave new world, and you may just be the bravest part of it, so give yourself some credit.Now, grab a measuring tape and meet us on the next page.Page 2For an industry that prides itself on creativity, fads and the tendency to push the sartorial envelope, fashion sure has a lot of rules, doesn't it?You probably know a lot of these rules, and maybe you've even passed on an outfit because you once heard that stripes can make you look heavy. A lot of these rules have been around for decades, but are the same rules that were valid 20 ago completely off the mark today? Just pay attention to the runway at any fashion show and you're bound to see standard fashion advice thrown to the wayside.So can you wear white after Labor Day? Is it OK for tall women to wear high heels? We're digging up the truth on 10 fashion dos-and-don'ts.Black and blue often get a bad rap because they can be so close in shade that it's sometimes difficult to tell them apart, not to mention that wearing a black shirt with navy pants can come off looking a little drab. Here are a few tips for the right way to pair these two colors:Accessorize: Say you're wearing skinny denim jeans and a black sweater. Adding red heels and red lipstick is an easy way to make the black-and-blue look a chic one.Contrast: When you're wearing navy with black, you should try to play up the differences in tone. Wearing a white shirt under a navy blazer with a black skirt will help delineate the hues, making your outfit look intentional instead of accidental.Brighten Up: Opt for brighter and bolder blues like cobalt or sky blue if you plan to pair them with black. The brighter hue will keep your outfit from looking washed out.When to (Really) Avoid Black and BlueWhile it's sometimes hard to distinguish some hues of navy from black, trying to pass them off as matching can big a big mistake. If you have a black suit jacket and can't find the matching slacks, substituting navy ones isn't a good idea. Black and blue can work for informal outfits, but not with more formal ensembles, like suits, that are meant to communicate a cohesive look.As we all know, there are two primary metallic colors in the world of jewelry -- gold and silver. But if you have a gold wedding band, are you doomed to never wear a silver piece of jewelry again? That's absurd!Go to any jewelry store today and you'll see lots of beautiful pieces that use the silver-gold combination. And if you're putting the look together on your own, the key is picking the right pieces and committing to the look (wear more than one of each to make it look intentional). Scale is important, too. If you're layering necklaces, make sure the chains are around the same size or theme. Try mixing gold and silver bangles together for a fun take on a formerly taboo combo.We've all heard this one. The myth here is that horizontal stripes draw the eye across the body, making you appear wider, and vertical stripes draw the eye up and down the body, making you appear longer and leaner.Believe it or not, a study done by a perception expert at the University of New York found that people don't perceive others wearing horizontal stripes as heavier -- they actually perceive them as thinner!Like any pattern, though, stripes will draw attention to the area where they're worn. You can minimize that effect by reducing the area with stripes -- like wearing a blazer or a cardigan over a striped top.What does that mean for zebras?According to Michel Pastoureau's "The Devil's Cloth: A History of Stripes," stripes have a dark past. They were often worn by the wicked -- the disloyal, the treacherous and the adulterous. So it's no surprise that it's the uniform of choice for the incarcerated.Heels aren't just about making you look taller -- they make your legs look great, they add a little strut to your walk, and they class up just about any outfit. And with the wealth of great shoes in the world today, why limit your options just because you're a tall drink of water? Plenty of tall women shun flats in favor of a great heel, and they shouldn't. Sometimes the vertically gifted will compensate for the added height by stooping over a bit. Is that you? If so, remember not to slouch. If you don't have a problem with your height, then nobody else will!Vintage clothing has made a huge comeback, and as a result you'll see a lot of people mixing prints and patterns. Stripes can be seen with paisleys; argyles can be seen with plaids -- it seems there are no taboos when it comes to mixing and matching prints. Think of it as an intentional unintentional look -- it looks haphazard, in a fashionable sort of way.If you need proof that mixing patterns can be pulled off, then look no further than Clinton Kelly from "What Not to Wear," who often can be seen with different patterns on his shirt, tie, vest and jacket, all at the same time.Most people worry that wearing sparkle during the daytime may look like they never made it home the night before. And to be honest, it could seem that way if you were to overdo it -- say, wearing a sequined mini-dress to a board meeting. Trust us: Wearing a blazer over a sequined dress will not tone it down. But there are some easy ways you can pull off the glitz in the daytime.For work, take it down a notch by putting a sparkly top under a cardigan or jacket. You can also choose tops with just a sprinkle of beads at the neckline. When you're not at work, you have a little more leeway. Try pairing a full-on beaded top with jeans or pants, which help make the look a little more casual. The same goes for a sequined skirt when you're off the clock. You can pair the skirt with a structured tank top for an effortless look.This myth is based on the idea that showing some leg -- usually with a mini-dress or mini-skirt -- helps to visually elongate your body. But that doesn't mean that those on the short side need to forego long dresses. Long dresses, tea-length dresses -- not to mention pencil skirts that reach down below the knees -- can be a sophisticated look you won't want to pass up because of your height.Consider pairing a long dress with some wedge sandals to give you a few extra inches, or pulling your hair up to make your neck look longer. You should also select long dresses that help to lengthen the eye through fit and color. That means you'll want to steer clear from a long dress with a large pattern that could overwhelm a smaller frame and go for a solid or small print dress instead. You should also look for a dress that plays up a long leg-to-waist proportion instead of a dress that has any funky banding above or below the waist, which can visually cut your body line in half. But most importantly, stand up straight!Bold and bright colors make a statement, but can using more than one bold color in your outfit be too much? Not necessarily. Like mixing patterns and prints, mixing bold colors can be helped along with a little planning. Consider visually breaking up the standout shades with other muted hues -- for instance, a bold top and a bright pair of shoes won't look so jarring if you wear a neutral skirt to break up the color fields.If you're still a little reluctant, try bringing in bold shades with brightly colored accessories, like a yellow necklace, a green purse, or bright red shoes. It's a great way to add color without feeling overwhelmed by it.This myth has pretty much gone by the wayside and really nobody bothers to adhere to it anymore. The fact is that there are just too many cute shoes out there to worry about finding a matching belt (or purse) to go with each. Shoes, belts and purses can be statement pieces in an outfit, and it could look a bit garish if you tried to match all of your accessories to a boldly colored pair of heels. And, most importantly, you wouldn't want to forego buying that amazing pair of shoes just because there isn't a belt to match.The trick is to find hues in the same color family. So if you have a magenta-colored purse and a print dress with a tiny bit of red or pink in it, red shoes that have a touch of pink in them may be the perfect complement. Trying putting a few colors together and see what combinations work best together. For instance, putting yellow and green together may not be the best color match, but it all depends how light or dark the shade is and the outfit you're pairing it with. The general rule is to make sure you don't come off too colorful, like a parrot in heels.This may be one of the most famous fashion myths of all time. An extension of this rule states that you shouldn't wear white before Memorial Day either. But why limit your color spectrum just because it's cold outside? You'll often find coats, sweaters and pants in "winter white," which is perfectly acceptable to wear.Like most of these myths, this is another one whose relevance has faded over time. The reason it still rings true in some people's minds is that we tend to associate lightweight fabrics with light colors, and while the color white is perfectly acceptable in the winter, light fabrics, like linen, are not weather appropriate in many places from Labor Day to Memorial Day.

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