

Student Information Handout

Lesson 1

Introduction to the NEAT Program

348-250

Reprinted January 1985

Ideal Weight in Relation to Body Build

The normal or desirable weight associated with optimum health for each individual depends on age, height, and body build. The taller an individual is, the more he or she can weigh in order to be well nourished and well proportioned. Body build refers to size and width of bone structure in relation to height. Again, the larger one's build, the more one can weigh. Narrow shoulders, hips, and small wrists are indicative of a small build. Such a person may be shorter than average. Wide shoulders, hips, and large wrists indicate a larger build. These individuals may be taller than average. Note: Sometimes an individual who is overweight will tend to overrate his or her body build and decide it is larger in order to justify excess weight. Avoid this trap.

Body type, including height and body build, is inherited, and is the basic framework on which each individual's figure develops. There are basically three distinct body types. These include endomorphs, ectomorphs, and mesomorphs. Endomorphs are those individuals who have a tendency to put on fat. Ectomorphs, on the other hand, are slim individuals. They tend to be long and narrow. Their musculature is stringy and rope like. Their body covering of fat tends to be thin and they show little or no tendency to gain weight. Only 15 percent of the population are true ectomorphs. Mesomorphs are broad shouldered and tend to be stocky. They are thick muscled and have firm heavy skeletons. Since bone and muscle account for much of their heavy appearance, they will never really be slim. Almost everyone has some characteristics of all three body types, but generally one or a mixture of two will predominate. By understanding your body type, you can develop reasonable and realistic expectations of your figure. This does not mean that an inherent tendency to fatness should make one give up on weight control. However, accept the tendencies of your body build and learn to deal with them. Set realistic goals for weight change in relation to your specific body type. We have little influence over our height or build, but we can control how much weight we carry on our given body structure.

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What style is your body?

- (A) The endomorph.
- (B) The mesomorph.
- (C) The ectomorph.

Almost everyone has elements of all three styles, but almost always, one characteristic predominates, or a mixture of two.

