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PUSHING THE LIMITS

BODY TYPE

REPORT

Brought to you by professional Ultra Marathon Runner Lisa Tamati & Exercise Scientist Neil Wagstaff

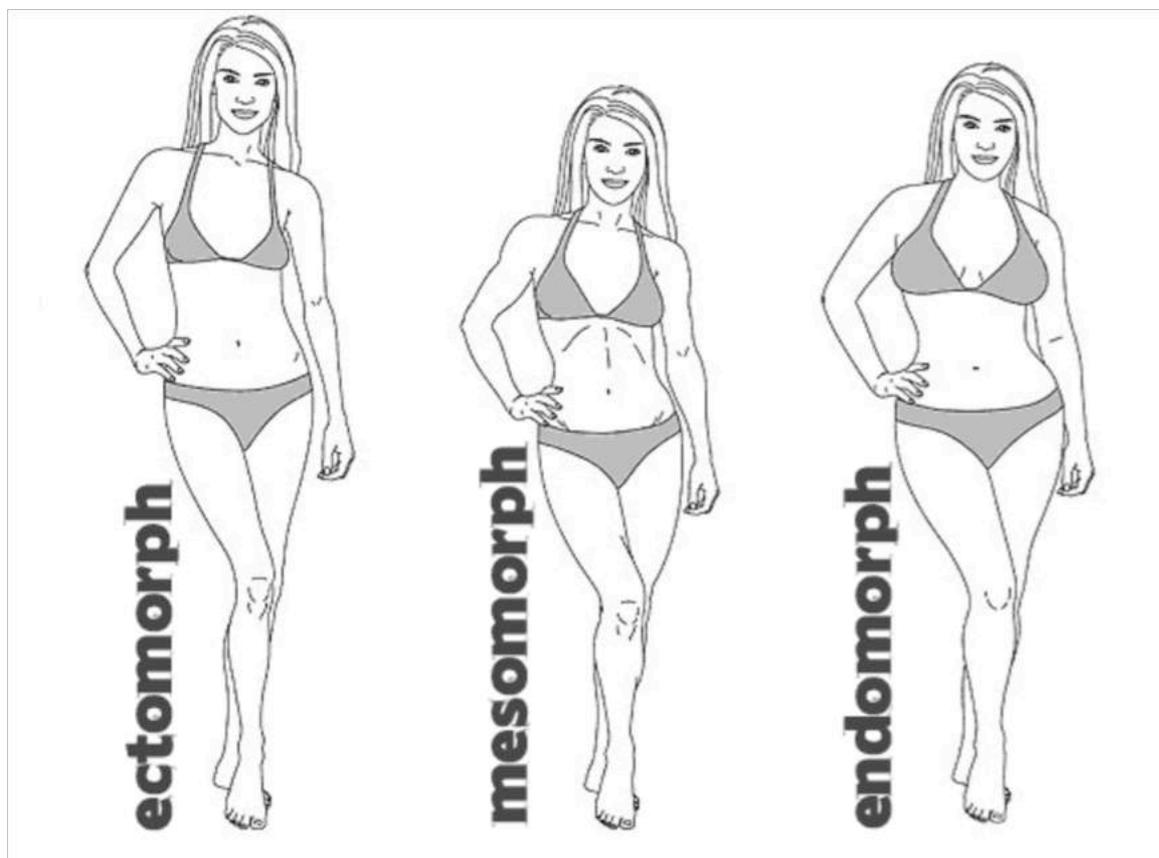
What Body Type Are You? Ectomorph, Mesomorph or Endomorph?

Knowing your body type can have a huge impact on your weight loss. When you know your body type you can adjust your training so that it is more effective and efficient. Understanding your body will also help you work with your body, not against it.

We are all different and our bodies respond differently to diet and exercise. What might work for your best friend may not work for you and that may be because you both have different body types and need to do things differently from each other.

It can be very frustrating when you see someone losing weight and you are not, especially when you seem to be doing all the right things. Hormones also play a large role in weight loss as well as knowing your body type.

There are three main body types, Ectomorph, Mesomorph, and Endomorph. While most of us are not 100% for a specific body type, we tend to be a combination of two body types. This can be broken down into 3 further groups. Ecto-Meso, Meso-Endo and Endo-Ecto.



Did you know that your body shape and bone structure is determined by your genetics and whether during embryological development your body put more energy into developing the layers of the ectoderm, endoderm or mesoderm?

Did you know that if you're more dominant through the ectoderm layer, you'll have a more powerful brain and nervous system and be more sensitive in your skin? You will naturally be a leaner/thinner physique and often no matter what you eat you won't put on much weight. Whilst others may be envious of this trait, for you this sometimes can be a cause of frustration, as putting on muscle mass can be really hard.

You'll naturally be great at analysing, planning and using your most powerful asset- your brain! (in fact, you may feel you "over-think" everything!). But you'll also find it hard to relax your brain and learning strategies to help yourself get enough mental rest and down-time (especially in the evenings), will help you to be at your best health-wise and also help you with sleeping better. Meditation and yoga can be useful to help with this, and will have the added benefit of making you more productive and on-point during the day.

As you'll naturally have a shorter digestive tract, you'll often do better with warm, slow-cooked, "pre-digested" foods, especially proteins (go the crock-pot meals!). Keep yourself warm and well wrapped up, as you'll tend to feel the cold more than others and keeping warm is important for your health. You'll also be more prone to tension and stiffness through the back and neck, so it will be extra important for you to do some regular mobility and strength work to protect these areas.



Quick tips for the Ectomorphs



NUTRITION

Frequent meals - 5 to 6 per day
Higher carbohydrate & fatty acid requirements
All foods well cooked
Avoid caffeine, alcohol

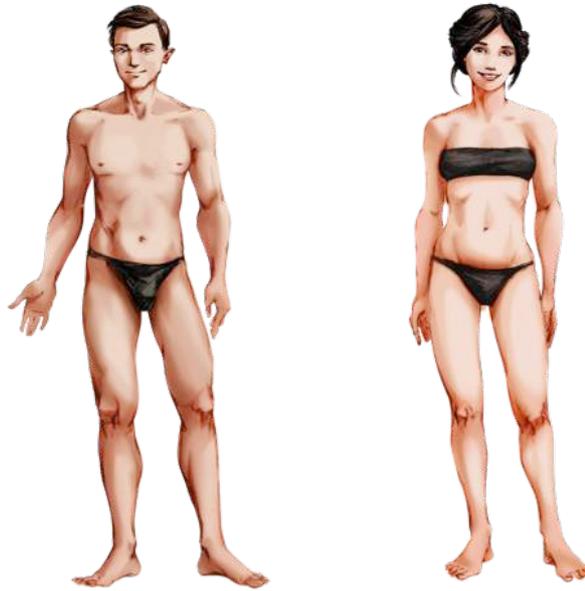
EXERCISE

Less focussed on physical strength
Mentally stimulating activities
Light weights, high repetitions
Short duration for mod-high intensity sessions
Must avoid spinal compression and activity that loads the spine

For example

Yoga, Tai Chi, Pilates

Quick tips for the Ecto-Meso



NUTRITION

3 Balanced meals of carb, protein, fats and veg + regular snacks
Chew food slowly
Slow cooked meats
Higher carb intake
Reduce stimulants – caffeine and alcohol

EXERCISE

High speed endurance + calming mobility
Mod to higher intensity - longer duration
Moderate weights (avoid heavy)
Important to include stretching, mobility & agility

For example

Mid to long distance running, triathlon
Yoga

Mesomorph

Next we have our lovely mesomorphs, who through embryological development developed more through the mesoderm layer.

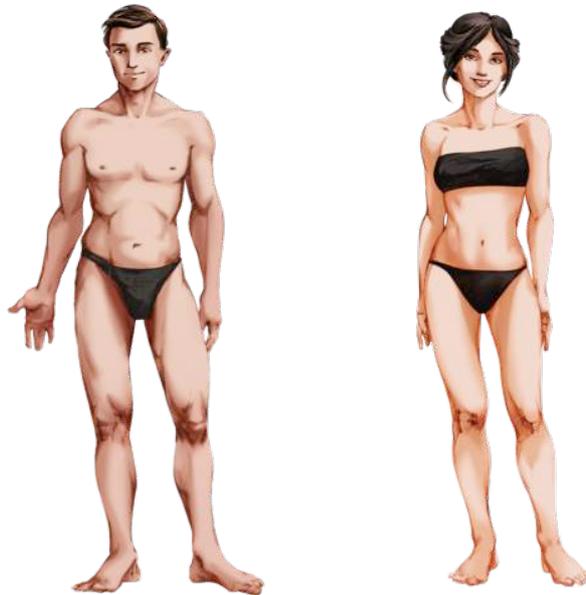
These people are often shorter, have more defined muscle and a naturally athletic build and really suit high intensity exercise for short periods of time (cross-fit, HITT training and most sports that are very anaerobic in nature, are all great for them). All of their physiology is geared towards movement...movement is key! (think of those kids who can't still and need to be moving or fiddling to learn).

They also need a bit more protein than others (and do better with animal proteins), are naturally more of an early bird, and because of their dominant hormones and neurotransmitters they thrive on change, variety, challenge, competition, adventure and excitement (they even enjoy an element of risk).

They can also have a more fiery temperament, they have a need to express their thoughts and to feel heard and they tend to speak their mind, so don't get on the wrong side of them! They are also natural innovators, think laterally and outside of the box and they're great at getting stuck in and achieving and getting stuff done.



Quick tips for the Mesomorph



NUTRITION

More tolerant of animal proteins
Smaller, more frequent meals
Faster transit time for food – in and out quick!
Don't get Hangry

EXERCISE

High intensity, short duration
Hand-eye & balance
Varied routine

For Example

HIIT
Bootcamps
CrossFit
Sports/Obstacle Courses

Quick Tips for the Meso-Endo



NUTRITION

Some digestive sensitivities
When active need more food
Moderate protein, lower carb
4-5 meals based on activity
Need variety & change in food

EXERCISE

Tolerant of all activity
Moderate to heavy weights
Longer or interval cardio
Can tolerate high volume of training

For example

Team sports
Group exercise

Endomorph

Last but not least our lovely endomorphs. If you're more dominant through the endoderm layer, then you'll have a bigger bone structure, have the potential to be stronger and more easily put on mass (muscle and fat tissue) and that you may have more of a struggle to "lose weight"...you'll also be the most resilient to stress, the most hardy, have the most hardy digestive tract, be more of a night owl and need a slower start to your morning and you'll have dominant hormones and neurotransmitters that make you more nurturing, caring and family-oriented...interesting stuff huh!

What if I was to say that these lovely people have had it a bit rough to date, as the fitness and health industry is often gearing advice towards interventions (paleo eating or high protein diets, HITT training, early morning bootcamps, etc) that really don't suit these types of people- in fact, these things will stress their bodies and make these people struggle more with weight-issues, lethargy and health.

One size doesn't fit all- learning what's right for you and your genetics is key to cutting away the confusion out there and finding out the key things you can do to improve your health!



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Quick Tips for the Endomorph



NUTRITION

2-3 meals, with very light dinner
Tolerate fasting well
Conservation metabolism
Sensitive to high glycemic index foods
Lower carb & protein
More vegetarian intake

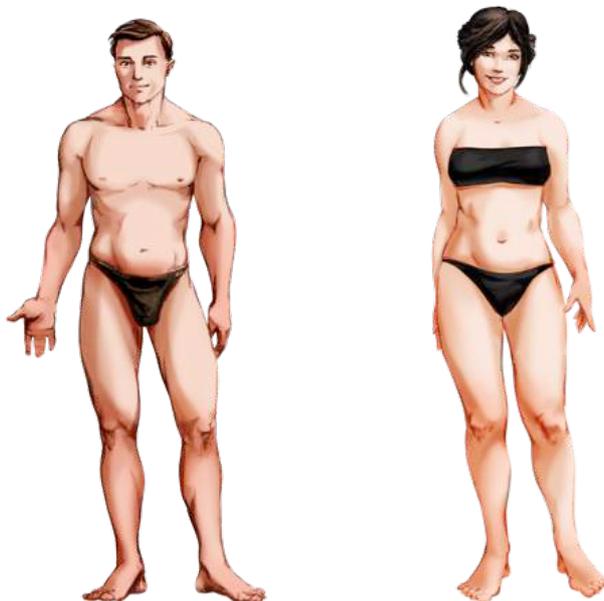
EXERCISE

High power/strength & slow, steady
Heavy weights with a power element
Low slow cardio
Tolerant of most modalities as long as they are conditioned

For example

Power/weight lifting
Power sports/positions
Team sports

Quick Tips for the Endo-Ecto



NUTRITION

3 meals per day
Food later in the day
Longer, slower digestive tract & transit
Tendency to over-ferment
Higher vegetable fibre required

EXERCISE - Afternoon only!

Slower, steadier

- Strength Training
- Isometric Work
- Low to moderate cardio

Longer warm up very important

For example

Heavier Weight Training
Swimming
Hiking/Walking

To reach your full potential and achieve all your health and fitness goals we have put together a programme that will teach you how to push the limits in every aspect of your life.

We encourage you to take a look at:

www.lisatamati.com

Or contact us at:

support@lisatamati.com



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