

## Human Body Types

1. Name three naturally occurring body types and describe their characteristics:

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_

2. Your body type can be affected by:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_

3. If your body type is endomorph, what are some tips that can help your health?

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4. If your body type is mesomorph, what are some tips that can help your health?

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5. If your body type is ectomorph, what are some tips that can help your health?

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