

Forum:[Hack Forums](#)

Thread: [My Body & Body Type Questions](#)

District - August 17, 2020, 10:56 pm

I see posts all over the place about three body types. Ectomorph, Mesomorph, and Endomorph. See [this link](#) for a picture of what I mean if you're unaware. Currently I am 6'4" tall and around 260 lbs. I have a very high body fat percentage, I didn't do any sort of testing but it is quite clear by looking at myself. Lol.

When I was younger (5~17 years?) I was still really tall but I was super thin. I had very little muscle and I was the typical lanky kind of guy that you'd see playing basketball. I struggled to put on muscle even though I was very athletic, and I knew I had a very fast metabolism because I could eat literally anything without worrying about getting fat. Once I left high school and started selling drugs though (feelsbadman), I became extremely rich very fast. I had so much money I never had to cook so I was always eating takeout or going to restaurants and ordering the biggest meals. I gained weight very very fast, I would say like 100 lbs over 2~3 years. Now I'm wondering about body types... Would I still be considered an Ectomorph because that was the way I was born/grew up? Or is it actually possible to change body types?

Based on my current weight/size that would mean I was an Endomorph and I'm curious about the significance of each body type, or if I should actually pay any attention to them. I've seen "body type specific" diets and I want to know more about these types of things.

mothh - August 18, 2020, 4:10 pm

If you want to lose weight just eat less than your maintenance, body type based diets are probably bs.

Goods - August 19, 2020, 3:44 pm

(Aug 18, 2020 04:10 PM)mothh Wrote: [CITE](#) If you want to lose weight just eat less than your maintenance, body type based diets are probably bs.

You didnt really answer OP's question at all. Not sure why you would even waste your time with a reply like this.

OP, its not so much that your body type changed. Its more about your metabolism changing over time. Over time, if you become less active and eat more your bodies metabolism tends to slow down.

The guy I quoted is right in a way that yes, if you eat below maintenance calories you will lose weight but, there is so much more that goes into it than that. Thats a very surface level answer and can be expanded on in so many ways. Personally OP if you want to get back to looking fit you should try dieting and see if you lose weight easily (some people do, some dont). If anything this will give you a baseline reading on where you are as far as metabolism and fitness standards.

If I can be of any more assistance, just quote me on this thread.

Pawnhub - August 19, 2020, 10:12 pm

I don't believe in this base body type. I've been in all 3 stages over time. From skinny, not gaining muscle, not gaining weight to overweight by like 30 pounds (195lb at 5'7) to what I am now bulky but no visible fat besides my stomach (still flat just no abs).

All of it for me was my metabolism & either lack of working out and physical activity or just not enough.

There's times in your life where your metabolism will be great and terrible. A healthy diet with proper vitamin care will stabilize it for a longer period of time but it will fluctuate eventually.

If your metabolism isn't right, you're gonna flip flop around as time goes on from gaining weight and muscle while losing fat to losing muscle and building more fat.

racoonweeweesucker69 - August 19, 2020, 10:32 pm

No lol these are all meme terms. If you wanna get in shape get in shape. It really is as simple as that, even though it may not be easy.

hfrocket1713 - August 21, 2020, 9:22 am

metabolism slows down a lot after age of 20/21. even happened to me. I always had a visible 6 pack but now it's slowly going away (i can still feel them).

just diet and exercise bro