

Forum:[Hack Forums](#)

Thread: [Struggles Putting ON Weight](#)

Kaleb - February 20, 2026, 1:05 pm

Anyone here struggle with appetite / putting on weight? I feel like an unheard minority here lmfao. I genuinely just never have an appetite, I just left the hospital for a physical and I am 5'11 115 pounds on an empty stomach lol, and my stomach is often empty.

Any tips? Trick foods? Or am I alone in this battle forever. I literally just like.. I don't know.. I'm never really hungry, I've tried working with doctors on it and haven't gotten super far either.

Key - February 20, 2026, 1:53 pm

I used to be very skinny and have the same problem, it's a hard journey.

What has helped me gain weight is actually hitting the gym, started bulking and training consistently and it made my physique bigger.

Rsynced - February 20, 2026, 6:58 pm

(Feb 20, 2026 02:05 PM)Kaleb Wrote: [\[CITE\]](#) Anyone here struggle with appetite / putting on weight? I feel like an unheard minority here lmfao. I genuinely just never have an appetite, I just left the hospital for a physical and I am 5'11 115 pounds on an empty stomach lol, and my stomach is often empty.

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You are an Ectomorph, this is completely normal. Practice yoga and be thankful for the gift.

AI Quote: The three primary body types, or somatotypes—ectomorph, mesomorph, and endomorph—categorize human physical structures based on metabolism, muscle capacity, and fat storage. Ectomorphs are lean and struggle to gain weight; mesomorphs are athletic and muscular; endomorphs are rounded with a high capacity for storing body fat.

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Ectomorph (Lean & Linear): Typically have long, thin limbs, small joints, and a fast metabolism. They find it difficult to gain weight and muscle, often requiring high-calorie, nutrient-dense diets.

Mesomorph (Athletic & Muscular): Characterized by a medium-sized frame, broad shoulders, and narrow waist. They possess a, in between, athletic build that builds muscle quickly and can lose or gain weight efficiently.

Endomorph (Rounded & Soft): Often have a larger bone structure and carry higher levels of body fat. They gain weight easily, possess a slower metabolism, and may find it challenging to lose fat.

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Key Considerations

Most individuals are a combination of these types rather than one, with, according to Everyday Health, many people being a mix of endomorph and mesomorph. While genetics play a significant role, body composition can be altered through tailored diet and exercise, such as focusing on, in between, strength training for ectomorphs or higher protein/low-GI, for, dieting for endomorphs.

Saterax - February 20, 2026, 6:59 pm

Good luck. I had the opposite issue, and after a year I am now down to 160 from 240 and eat once a day. Old pants look like what we look like as kids wearing our dads pants.

Appetite is sometimes weird. You might want to take the bulking up route as Key mentioned and try to hit the gym while trying to intake some good food.

That's kind of one of the hard things, if your appetite isn't there, then it simply isn't there. Not much you can do other than try to snack more and overtime 'stretch' your stomach.

Don't know if they've had an anti-ozempic that makes you hungry all the time haha. As mentioned though, maybe getting into some solid exercise might help out. Might pick up your metabolism a bit and make you feel more hungry.

Cap - February 21, 2026, 9:12 am

What does your typical day look like in terms of eating? What about physical activity?

Sierra-117 - February 21, 2026, 12:26 pm

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I had this problem, my solution was to start going to the gym, take protein (I suggest Optimum Nutrition 2 scoops per day) and then going to gym will make you more hungry. I suggest starting with weight lifting something simple and get a routine going. Go at least 4-5x a week.

5chn4pp - February 21, 2026, 12:51 pm

When I was about 15 years old, I was 6'1 in height and about 120 lbs in weight. I started gaining weight by completely throwing out my normal eating habits of carbohydrates and proteins by switching to the carnivore diet.

This allowed my body to eventually gain about 30 lbs in a period of like 3 months. The carnivore diet is heavy in protein and fat, but skips any type of carbohydrate.

It is tough the first weeks because your body is used to running on carbohydrates for fuel, but when your body becomes efficient at ketosis your natural weight and also energy is much better, at least for me.

But there are some pain points with this diet, you need to properly account for vitamins and minerals, you need to get a proper ratio of fat and protein. You need to avoid all sources of carbohydrates. If you fail at these, you will not have a great time.

Komodo - February 21, 2026, 3:35 pm

(Feb 21, 2026 10:12 AM)Cap Wrote: [\[CITE\]](#) What does your typical day look like in terms of eating? What about physical activity?

This. Big factor in calculating your recommended caloric intake to gain weight.

Eat more calories than you burn, and in theory you will put on weight.

That being said, there are tons of recipes like smoothies that barely fill up a glass and have over 1,000 calories in it. Look up some recipes, you need high calorie food if you don't like to eat.

Always Sad - February 22, 2026, 10:51 pm

Quit the toxic stuff such as nicotine/THC and you'll get bigger in no time...

I've gained like 20-30 pounds from quitting lol....

Everything comes natural after that :) Hit the gym as well...!

John828 - February 27, 2026, 6:25 am

(Feb 20, 2026 02:05 PM)Kaleb Wrote: [\[CITE\]](#) Anyone here struggle with appetite / putting on weight? I feel like an unheard minority here lmfao. I genuinely just never have an appetite, I just left the hospital for a physical and I am 5'11 115 pounds on an empty stomach lol, and my stomach is often empty.

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protein shakes, fast food, etc

Eat when ur not hungry