Foundations of Personal Fitness

Chapter 5, Section 1

**What You Will Do**

* Identify various body types.
* Analyze how your body composition can influence your functional health and fitness.
* Determine your BMI.

**Terms to Know**

* ectomorph
* mesomorph
* endomorph
* lean body weight
* body mass index (BMI)
* body composition
* overweight
* essential fat
* excessive leanness
* overfat

**The Basics of Body Composition**

There is no single ideal body weight, size, shape, or body type for everyone.

**Your Body Type**

A person with the body type has a lean appearance, often with long, slender arms and legs.

A person with the body type appears muscular and well-proportioned.

The body type is characterized by a round face, short neck, and wide hip

**Your Body Weight**

There is no one ideal weight, but there are healthy for each individual.

When you compare two people of the same size, one may weigh more because they have more

.

One way to determine if your weight is within a healthy range is by using

(BMI).

**Body Composition**

Physical and affect body composition.

Being is sometimes, but not always, the result of excess body fat.

Being overweight may lead to .

Being overweight can present a high to your health.

fat is necessary for these reasons:

* + - It insulates your body.
    - It cushions you internal organs.
    - It provides you with a source of stored energy that enables you to meet your body’s fuel needs

**Body Composition and Functional Health**

If you carry too little body fat you have

If you carry too much body fat you are .