

Make Em Sweat BodySculpting

Endomorph

An **endomorph** is defined as someone who has a rounder, softer body that may be struggling to lose excess weight. Because of our anatomical makeup, women tend to gain more weight around our limbs and midsection. If excess abdominal fat is not monitored, it could increase the likelihood of chronic health issues.

ENDOMORPH EATING TIPS:

- Avoid saturated and trans fats
- Avoid foods that are high in cholesterol, added sugar, and salt
- Drink alcohol in moderation
- Focus on eating plenty of fruits and vegetables daily
- Consider whole grains and cereals rather than enriched grains
- Choose low fat or fat free dairy products
- Low carb diets and other dietary supplements are not as successful when it comes to managing your weight



REMEMBER!

- To lose weight, cardio as well as resistance training are required
- Cardio exercise (such as running or walking) 3-5 times a week for at least 30 minutes is recommended for maximum results
- Don't compare your progress with others around you. A taller, heavier person may lose weight faster than someone who may be shorter or lighter
- Don't get discouraged! It is not recommended to lose more than 2lbs per week. Also keep in mind that over time weight loss rates decrease but you are adding muscle and losing inches. This is more important than the number on the scale
- Instead, measure around your waist with a ribbon, cut it a few inches shorter than your waist circumference and measure yourself every day until the ends touch. Hurray! It's time for a new wardrobe!

With our program, we will focus on slimming the limbs, toning the core, and creating an hourglass figure.

Sweat Today For A Better Tomorrow