

BODY TYPES ECTOMORPH



Look for these characteristics:

- Boyish shape/figure, can be short or tall, but with long legs, arms and fingers.
- Look is usually model thin.
- When overweight, looks fuller and less toned. Appears bony or skeletal when underweight.

Ectomorphic: characterized by long and thin muscles and limbs with low fat storage; usually referred to as slim. Ectomorphs are not predisposed to store fat or build muscle. Popular ectomorphs include Sarah Jessica Parker (short), Nichole Kidman (tall), Gwen Stefani, Naomi Campbell, Grace Jones and Lucy Liu.

NOTES:



BODY TYPES ENDOMORPH



Look for these characteristics:

- Full figured, usually small or short limbs and fingers.
- Round when overweight; Looks gaunt when underweight.
- Exercise and diet may change appearance, but bone structure is a fixed characteristic.

Endomorphic: characterized by increased fat storage, a wide waist and a large bone structure, oftentimes referred to as fat. Endomorphs are predisposed to storing fat. Popular endomorphs include Reese Witherspoon, Shakira, Selma Hayek, Drew Barrymore and Rhianna. Marilyn Monroe was a well-known endomorphic beauty.

NOTES:



BODY TYPES MESOMORPH



Look for these characteristics:

- Naturally muscular build.
- Have curves; small waist/pear shape.
- When overweight, looks thick and solid but still shapely. When underweight, face appears drawn and figure sinewy (i.e. Madonna).

Mesomorphic: characterized by medium bones, solid torso, low fat levels, wide shoulders with a narrow waist; usually referred to as muscular. Mesomorphs are predisposed to build muscle and not store fat. Popular mesomorphs include Angelina Jolie, Jennifer Lopez and Halle Berry.

NOTES:



BODY TYPES CULTURALLY PREFERRED

Across cultures and history, men and women exhibit a different anthropology of attraction. Men prefer women with a waist-to-hip ratio of 70 percent, as an indicator of fertility. Men also like a high-pitched voice as a sign of high estrogen levels, clear skin, and red lips. No surprise, women prefer men with broad shoulders, an indicator of his ability to protect, and those with deep voices, an indicator of testosterone.



Society prefers these Caucasian characteristics:

- Youthful; athletic; slim

Caucasian men are attracted to:

- Barbie doll look; long legs; large breasts; petit build



Society prefers these Asian characteristics:

- Feminine/girlie; pretty

Asian men are attracted to:

- China doll look; outwardly conservative but privately erotic



Society prefers these African-American characteristics:

- Emotionally strong; fashion forward style; seductive

African-American men are attracted to:

- Sensuous body over face; curvy breasts, hips, buttocks



Society prefers these Hispanic characteristics:

- Premium on beauty (hair/make-up); youthful

Hispanic men are attracted to:

- Exotic look and style; value pretty face over body