




BODY TYPES

Name _____

Due: _____

Period _____ Roll Call# _____

- 1) Fold your 8 ½" by 11" unlined paper into 3 sections to form a pamphlet.
- 2) Make the first page (outside cover) your title page and include: roll call number, period, your name and date.
- 3) Use the following article to assist you on this project
<http://www.muscleandstrength.com/articles/body-types-ectomorph-mesomorph-endomorph.html>
- 4) In the first inside page, include the heading ENDOMORPH and list 5 characteristics of an endomorphic body type.
- 5) On the inside middle section, include the heading ECTOMORPH and list 5 characteristics of an Ectomorphic body type.
- 6) On the 3rd inside section, include the heading MESOMORPH list 5 characteristics of a Mesomorphic body type.
- 7) On the outside page, (outside cover) answer the question, Why is it important to know my body type?
- 8) Include pictures, using at least 5 colors, for each of the three body types.
- 9) Below is an example of the inside of the pamphlet.

Endomorph	Ectomorph	Mesomorph
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