

# One Size Doesn't Fit All

Ever try to squeeze your feet into shoes that are one size too small just because you love the style? Doesn't work, does it? Well, maybe you *can* cram your feet into those shoes for the sake of a special evening, but you can't wear them all the time. They're just too uncomfortable!

Starving yourself with the goal of creating a physique that's contrary to your natural body type is a similar thing. You might get there for a month or two, but eventually your body will rebel.

Ultimately, there are Four basic body types. It's important to understand your shape and know what you can and can't expect. Which one best describes you?

- **The apple shape.** People with apple shapes tend to store fat in their upper bodies, so if an apple is carrying extra weight, it's usually around the belly. Apples have evolved to store fat in this way to adapt to long periods of famine. Fat stored in the upper body can lead to heart disease, so it is important for apples to be health conscious.
- **The pear shape.** Pears hold the majority of their fat in the lower body: hips, buttocks, saddlebags. Pears are mostly women. This shape has evolved because fat stored in these areas aids in fertility and breast-feeding. This type of fat is not as much of a health risk as abdominal fat, but it is harder to lose.
- **The Hourglass.** A very womanly curvaceous shape, fat is stored on the hips and the bust. Again these areas are for fertility, risk of heart disease is lower but hourglass shapes find it hard to loose weight.
- **The proportioned shape.** Lucky proportionates have fat cells distributed equally throughout their entire body. When they gain weight, they gain it everywhere. When they lose weight, it comes off evenly.