

basic shape of your body	25%- 30%	Endomorph	Poor Sleep	Meat
BMI	Water	Oxygen to the Muscles	2500	Swimming
between 18.5 and 25	Aerobic exercise	Health	Long-term health problems	Sugar
Low self-esteem.	Pasta	Fitness	Narrow shoulders hips and chest	Avocado
Protein	Build new friendships	where you're very overweight. It can put you at risk of serious health problems.	Carbohydrates	Fitness Testing

between 18.5 and 25	Aerobic exercise	Swimming	2500	Avocado
Carbohydrates	Sugar	Health	Meat	Pasta
BMI	Endomorph	Oxygen to the Muscles	Narrow shoulders hips and chest	basic shape of your body
Low self-esteem.	Build new friendships	Water	Fitness	Poor Sleep
Protein	where you're very overweight. It can put you at risk of serious health problems.	Fitness Testing	25%- 30%	Long-term health problems

Sugar	Narrow shoulders hips and chest	Build new friendships	Carbohydrates	Fitness
Avocado	Fitness Testing	BMI	Health	basic shape of your body
Low self-esteem.	Protein	Oxygen to the Muscles	Aerobic exercise	Water
between 18.5 and 25	Pasta	where you're very overweight. It can put you at risk of serious health problems.	2500	25%-30%
Long-term health problems	Swimming	Poor Sleep	Endomorph	Meat