

Bodies are Different

What's your shape?

“There is no 'right' body for a boy to have. You are the way you are and that is 'right' for you!”

During puberty, your body begins to grow faster and some boys have uncomfortable growing pains in their arms and legs. How long this "growth spurt" lasts and how tall you'll be at the end of it depends on a lot of things but mostly it has to do with how tall the other people in your family are. Boys are all different and all boys go through puberty at different times. There is no 'right' body for a boy to have. You are the way you are and that is 'right' for you!

According to scientists, there are 3 basic body types:

- **Endomorph:** A rounder and sturdy body, rounder heads, short thick necks, more fat on your body and shorter arms and legs.
- **Ectomorph:** A thinner, narrow-body with long stringy muscles.
- **Mesomorph:** A strong-build, wide muscular chest and shoulders with little body fat.

As you go through puberty you may get taller, your shoulders may get broader, your muscles may get bigger, and your weight may get heavier. Sometimes these different parts may grow faster than the rest of the body which can leave you feeling clumsy and odd.

Here are some ideas to help you with your body changes:

Don't compare!

Comparing ourselves with others is problematic because everyone develops differently and at different times. It's also a bad idea to compare ourselves with celebrities, sportsmen and models. It's not real.

Learn to love what you got.

Your basic body type is yours for life. You can change some smaller things like your weight and hair, but work with your own body shape.

Treat your body well.

Healthy eating and exercise can also give you some control over how your body turns out. Boys can also work on their muscles to make them bigger.