

Age-Defying & Disease Defence Plan

Strategy #4 – Keep Your Waistline in Check

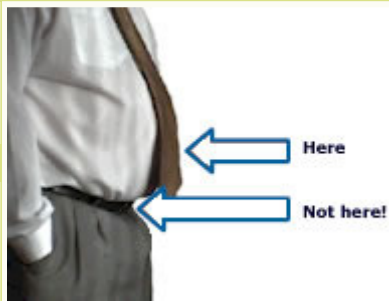
To determine if your body is staying young and healthy against diseases associated with obesity, the tape measure is better than a bathroom scale.

As you age, your weight on the scale may remain the same while you lose muscle and pack on the fat, including visceral fat – the culprit behind a thick waist. A waist measurement of 40 inches or more in men and 35 inches or more in women is linked to heightened risk of age-related illnesses including high blood pressure, diabetes and heart disease.

So get that measuring tape out and measure the circumference around your midsection. For the exact location of your waist measurement place your fingers under your last rib and follow it down to where your rib stops at your side. On women this location is usually the narrowest part of the midsection.



Guys, try 1 cm below your navel



It is important to ensure that you measure your waist correctly. Just because you can squeeze into a pair of 36" jeans that you have had for 6 years does not mean that you are not at risk!!!! Waist circumference needs to be measured 1 cm below the belly button after having slowly breathed out. No holding your belly in!