

These Hips Don't Lie

Many doctors now believe that when it comes to your health, your waist measurement is very important.

While BMI (body mass index) is a measure of how healthy your weight is for your height, it doesn't tell the whole story. While a high BMI would indicate that you are carrying too much weight for your height, your health could be at greater risk depending on where you carry that extra weight.

Fat around the abdomen causes more health problems than fat carried around the bottom or thighs. Having a large amount of belly fat makes you more likely to develop Type 2 diabetes and heart problems.

Here is how you can determine your waist-to-hip ratio and determine your risk level!

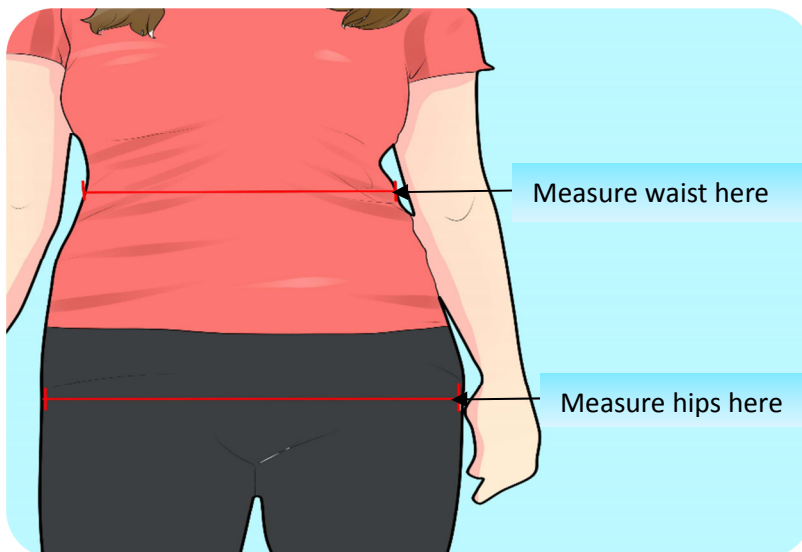
To find your true waist, feel for your hip bone on one side. Move upwards until you can feel the bones of your bottom rib. Halfway between is your waist (for most people this is where your belly button is). Use a mirror the first time to see what you are doing and to make it easier to measure!

Find Your Waist-to-Hip Ratio

1. Measure your hips (record the number)
2. Measure your waist (record the number)
3. Divide the waist number by the hip number.

A ratio of 1.0 or more in men or 0.85 or more in women indicates that you are carrying too much weight around your middle. This puts you at increased risk of diseases that are linked to obesity, such as Type 2 diabetes and heart disease.

Are you concerned? Contact your EWSNetwork wellness coach for a **FREE** one-on-one personal coaching session. Our consultants are knowledgeable and experienced in helping people reach their personal health & wellness goals and reduce the risk of developing serious health problems. We are here to help YOU!



My Waist-to-Hip Ratio

Waist measurement: _____

Hip measurement: _____

DIVIDE WAIST NUMBER BY HIP NUMBER

Waist-to-Hip Ratio: _____