



Do you have a round belly?

Waist circumference is a very important measure. Measurement is taken around the abdomen at the level of the umbilicus (belly button) with a tape measure. Health experts use waist circumference to screen patients for possible weight-related health problems. According to the Mayo Clinic your waist circumference is a clue to whether you're at higher risk for type 2 diabetes, high blood pressure, high cholesterol, and heart disease. And all you need is a tape measure. For your best health, your waist should be less than 40 inches around for men, and less than 35 inches for women. **The lower the better in most cases.** If you are Asian these numbers are different. For your best health, your waist should be less than 35 inches around for Asian men, and less than 31.5 inches for Asian women.

Cardiovascular Abdominal Risk (girth)

Risk	MEN	WOMEN
Very Low	< 31.5	< 28.5
Low	31.5-39	28.5-35
High	39.5-47	35.5-43
Very High	>47	>43
Asians Risk	>35	>31.5

Health Coach Goal <35 <32.5

Metabolic Syndrome is highly correlated with waist circumference

Get Your Belly Measured.