

Healthy Waist

Women: Less than 80cm
Men: Less than 94cm



Woo Hoo!

Your risk for heart disease, some cancers and other illnesses is low.

Be active to prevent hazardous waist!

To stay in the green zone:

- Balance energy in (food & drink) with energy out (physical activity).
- Put together at least 30 minutes of moderate physical activity on most days.
- Take at least 10 000 steps daily using a pedometer
- For extra health & fitness, add 20 minutes of vigorous physical activity 3 times weekly.
- Follow the *The Australian Guide to Healthy Eating**

! Hazardous Waist

Women: 80 - 87.9cm
Men: 94 -101.9cm



Uh oh!

Your risk for heart disease, some cancers and other illnesses is increased.

Be more active to prevent harmful waist!

To avoid the red zone:

- Check energy in (food & drink) and energy out (physical activity).
- Put together at least 30 & up to 60 minutes of moderate intensity physical activity daily.
- Take at least 10,000 & up to 15,000 steps daily using a pedometer. This includes the 30 to 60 minutes.
- Limit TV viewing & replace with an active alternative whenever possible.
- Follow the guide, *Healthy Eating for Healthy Weight**

Harmful Waist

Women: 88cm or more
Men: 102cm or more



Oh no!

Your risk for heart disease, some cancers and other illnesses is high.

Take action now to reduce your risk.

To return to the yellow or green zone:

- Follow the tips in the 'yellow' zone.
- Start out slowly to gradually achieve your goals.
- Visit your doctor for medical advice and support.
- Visit a dietitian for dietary advice and support.

Waist circumference for Caucasians reproduced from: Obesity: Preventing and Managing the Global Epidemic, 2000, WHO, Geneva.

* For guides on healthy eating & getting active, go to www.healthpromotion.com.au

How to Measure your Waist



- Find the top of your hipbone & your lowest rib. **Tip: Stand in front of a mirror.**
- Halfway between these 2 points, place the tape measure around your waist. **Tip: this should be the smallest part of your waist.**
- The tape measure should be firm but not tight.
- Breathe normally **Tip: holding your stomach in is cheating!**
- Read the number & note the colour on the tape measure.
- Read the information in your colour zone.

Be Active for Health

Next to quitting smoking, the most effective step you can take to reduce your risk is to be physically active every day.

It's as easy as:

1. **Moving more** – take every opportunity you can!
2. **Including at least 30 minutes** of moderate intensity physical activity daily, eg. brisk walking.
3. **Using a pedometer!** Put together at least **10,000 steps daily**. This includes the 30 minutes of moderate physical activity daily.
4. **Limiting TV** viewing to no more than 2hrs daily & replace with an active alternative where possible.
5. **Adding steps to your day.** If you're already active but you're in the yellow or red zone, try adding extra steps each day using a pedometer.
6. **Adding vigorous physical activity to your week.** 20 minutes, 3 times weekly if you can eg. fast cycling, team sports.

For more tips on healthy eating & getting active go to www.healthpromotion.com.au

Q4: THE Coast in Motion

Measure Up 4 Health

Why measure your waist?

Excess body fat around your waist can increase your risk for heart disease, type 2 diabetes, high blood pressure & some cancers.

Measuring your waist is a simple, proven way to find out if your waist size is 'risky'.

If you are 16 or older, use the tape measure to find out if your waist size is 'risky', & what to do about it.

Disclaimer: Waist measure is an indication only. If you are concerned & want more information about your health risks, please visit your doctor.

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