

# 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](http://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](http://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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