



## WAIST CIRCUMFERENCE



There is a direct relationship between a person's waist measurement and their chances of coronary heart disease, late onset diabetes and certain cancers. The amount of fat stored around their waist provides an indication of the amount of visceral fat they have. Visceral fat is highly dangerous because it sits around the body's vital organs. High levels of visceral fat contribute to high cholesterol, high blood pressure, diabetes, bowel and breast cancer, sleep apnoea, impotence and coronary heart disease. In the workplace, those who are obese and/or have a high waist circumference are at greater risk of sickness, injury, back pain, knee problems and a cardiac event such as a heart attack. These individuals cost their company several times more per annum due to increased absenteeism, reduced productivity, frequent injuries, and reduced life expectancy.

The waist circumference is measured mid-way between the bottom of the ribs and top of the hip bones. A waist measurement of over 100cm for men and 90cm for women places a person in the high-risk category for all of the above conditions. This risk drops significantly as soon as you begin to lower your waist measurement, and the risk drops dramatically if your waist measurement is under 90cm for men and 80cm for women.

You will achieve a healthier waist circumference if you make a conscious effort to become more active and/or to consume fewer kilojoules. Start by:

- Recruiting a friend, family member or pet as your walking buddy, and making a commitment to them to go walking for half an hour per day
- Always choosing to take the stairs
- Limit your alcohol consumption (because every 2 beers is equivalent in kilojoules to a Big Mac)
- Having a healthy breakfast to get your metabolism kick-started
- Hiring a Personal Trainer to help keep you motivated and accountable, whilst providing plenty of fun and variety in your activity sessions. If you're after a personal trainer, call us today on (07) 3166 8183.

For more information, call us today on (07) 3166 8183, or visit our website [www.completeperformancesolutions.com](http://www.completeperformancesolutions.com)

### Disclaimer

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