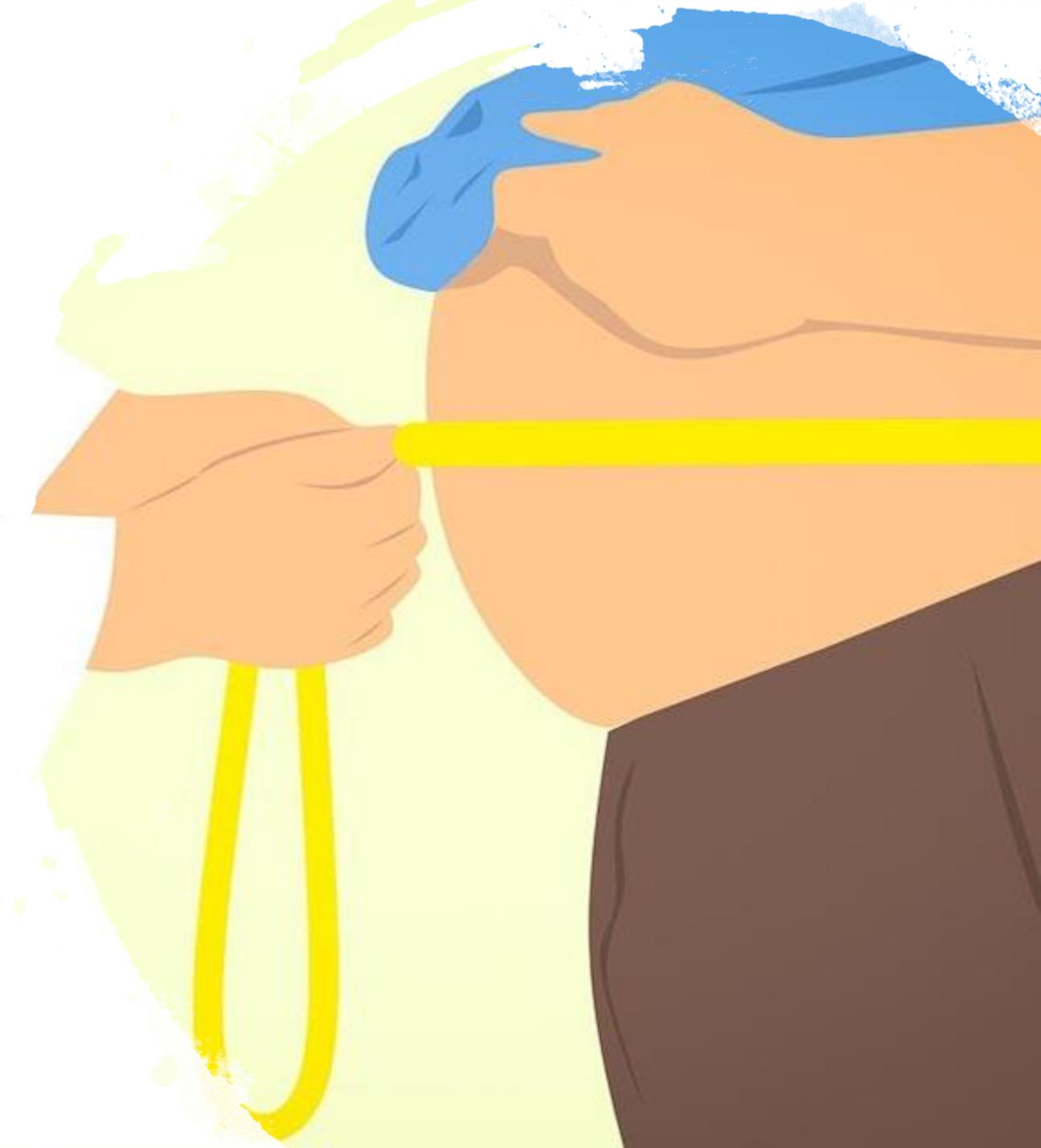


Measurements





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Scales

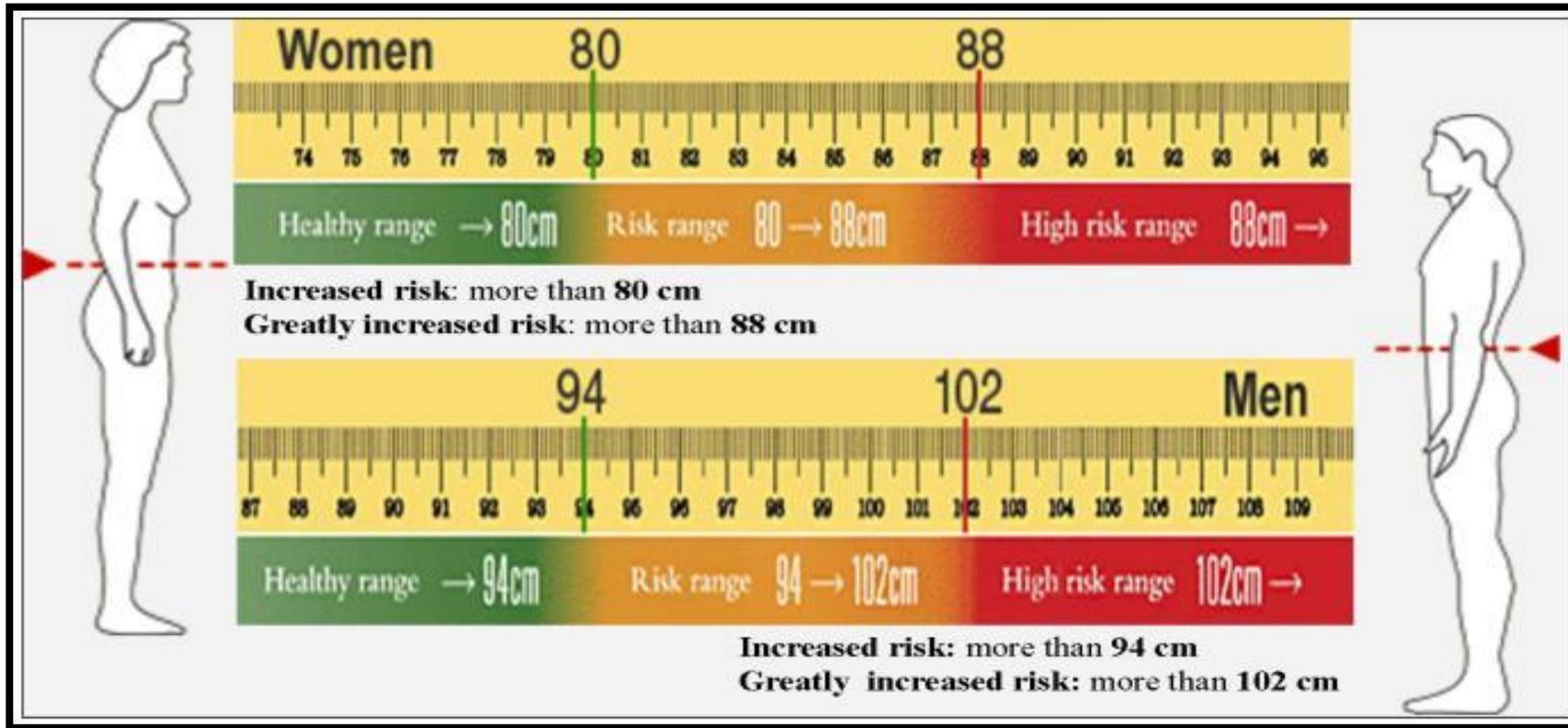


Scales are not always the best indicator of weight loss. Sometimes it will be down, but other times your weight will rise slightly. This is normal!

- All scales can do is measure the relationship your body mass has with gravity!
- Scales are unable to determine what is muscle, what is fat, what is water or anything else.
- Body composition can change without any change on the scale... eg:
 - Gained additional muscle
 - Lost some body fat
 - Improved hydration
- Weigh in not more than once a week at the same time of day and dressed in similar clothing... or none at all!

Waist Measurement

Taking your waist measurement once a week is a better indicator.



Women: Waist should range between **74cm – 80cm**

Men: Waist should range between **87cm – 94cm**

Waist Measurement

Generally we know if we are a little overweight, or underweight. Unfortunately, many people do not easily recognise that they are obese, as they tend to live in denial.

In this day and age, as people have grown bigger and bigger, it has become more accepted as the 'norm' rather than not. We are used to seeing so many overweight people that we don't easily recognise how big a person is. Many times, the goal post is moved to match the increasing sizes.

We need to study these charts and take stock of what the health professionals are trying to tell us... overweight IS overweight and obese IS obese!

Overweight leads to obese which carries quite severe health risks...



Back in 2014-15 it was found that 63.4% of all Australian adults were either overweight or obese. That's about 2 in every 3 adults!

If we don't begin to do something about it right away, it's only going to get worse each and every year.

Health risks:

- Type 2 diabetes
- High blood pressure
- Cardiovascular disease
- Sleep apnoea
- Osteoarthritis
- Musculoskeletal conditions
- Some cancers

Waist Measurement

The most important measurement to check to see if you are a healthy weight is your waist measurement.

First, we need to know your height in feet or centimetres.

Second you need to run a tape measure around the smallest portion of your middle which is the belly button.

The Heart Foundation and many others believe this measurement should be no more than half of your height... and that's the **maximum measurement**.

Of-course we don't want it too small neither!

Please check your height first and then look across to see what your maximum waist measurement should be.

Height	
Feet	Cm
6'4"	194
6'3"	190
6'2"	188
6'1"	186
6'	184
5'11"	180
5'10"	178
5'9"	176
5'8"	172
5'7"	170
5'6"	168
5'5"	166
5'4"	162
5'3"	160
5'2"	158
5'1"	154
5'	152

Maximum Waist	
Cm	Inches
97	38"
95	37"
94	36.5"
93	36"
92	35.5"
90	35"
89	34.5"
88	34"
86	33.8"
85	33.4"
84	33"
83	32"
81	31.8"
80	31.4"
78	30.7"
77	30.3"
76	29"

Waist Measurement

Let's look at an example...

A woman who is 168cm tall would need to have a maximum waist measurement of 84cm or 33".

But according to the Heart Foundation, they say:

Men:

At risk >94 cm (about 37 inches)
High risk >102 cm (about 40 inches)

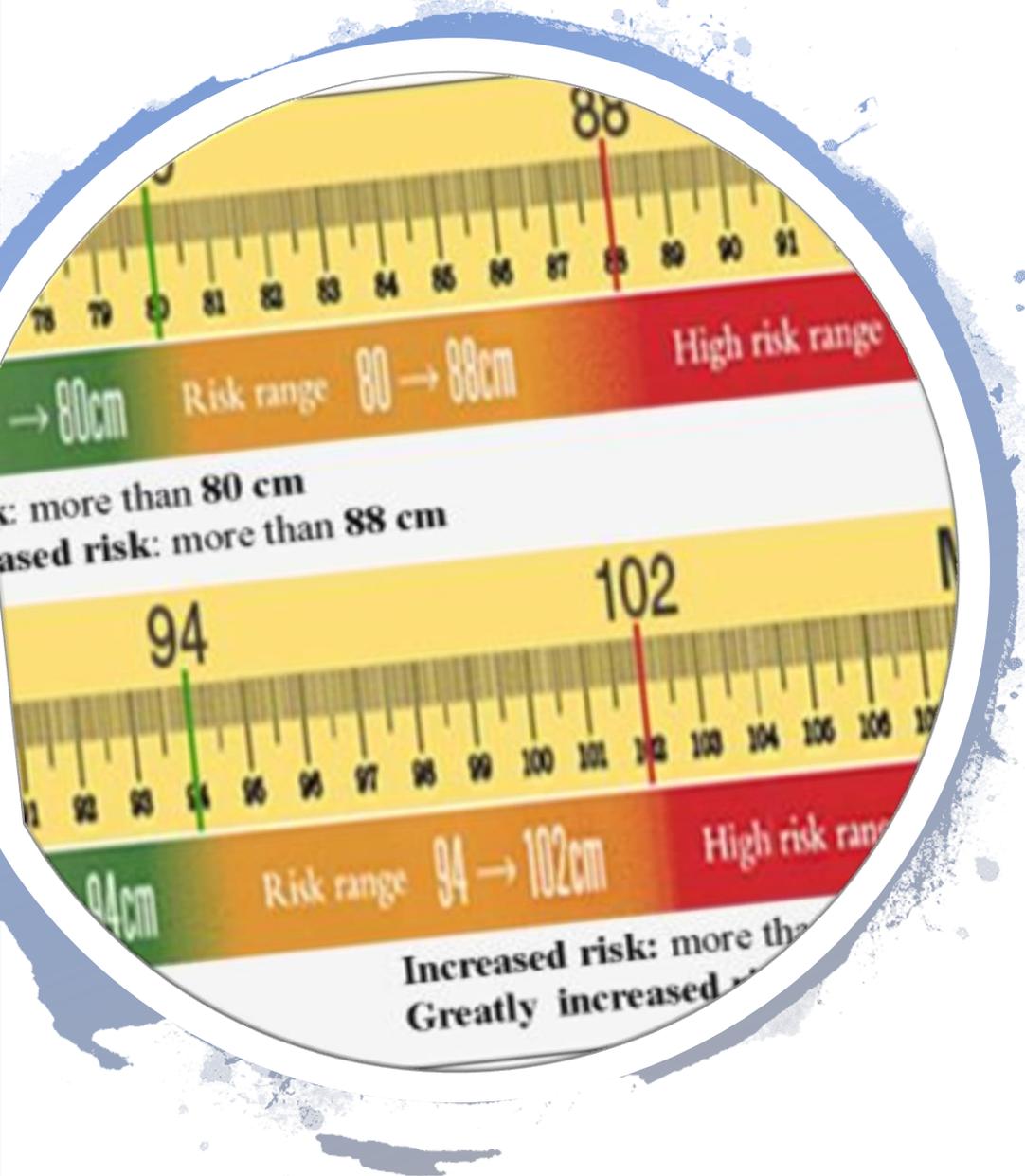
Women:

At risk >80 cm (about 31.5 inches)
High risk >88cm (about 34.5 inches)



This would mean that same woman would really need to have a waist measurement of no more than 80cm to keep her out of the risk arena.

Height		Maximum Waist	
Feet	Cm	Cm	Inches
6'4"	194	97	38"
6'3"	190	95	37"
6'2"	188	94	36.5"
6'1"	186	93	36"
6'	184	92	35.5"
5'11"	180	90	35"
5'10"	178	89	34.5"
5'9"	176	88	34"
5'8"	172	86	33.8"
5'7"	170	85	33.4"
5'6"	168	84	33"
5'5"	166	83	32"
5'4"	162	81	31.8"
5'3"	160	80	31.4"
5'2"	158	78	30.7"
5'1"	154	77	30.3"
5'	152	76	29"



Waist Measurement

Many other health clinics say your health is at risk if your waist size is over 80cm for a woman and 94cm for a man.

Waist circumference is less accurate in some situations, including:

- Pregnancy
- Where the person has a medical condition involving enlargement of the abdomen
- For certain ethnic groups
- Children and young people.

Other Measurement Types

There are other means of measuring a healthy body...

- The relationship between your height and the size of your waist is very important. It is generally believed that your waist measurement should be approximately half your height.
- The general shape of your body is also an important indicator. Of-course, we are all different.
- I am able to work out, using a variety of different measuring types, what your body type is, and how to achieve what I call 'the happy place'!
- It's possible to lose weight by cutting out any of the food groups, but this will not lead to a healthy body. You need to be following the information in Wellness Solutions to ensure you build your health and give yourself a strong immune system. Meanwhile, your body shape will change and the happier you'll be.

