

## Waist to hip measurements can be an Indicator of Health.

Belly fat is a good predictor of poor health. The more belly fat you have, the greater *potential and risk for Dis-ease* in the body.

*Belly fat creates systemic inflammation, which affects the entire body!*

### *Waist measurement in inches:*

Males should be less than 32 inches (very good)  
32–34 (good)  
35–37 (OK)  
37.1–39.9 (beginning of ill health)  
40+ (the beginning of the YET's)

Females should be less than 29 inches (very good)  
29 to 31 inches (good)  
31–32.5 inches (OK)  
32.6 to 34.9 (beginning of ill health)  
35+ (the beginning of the YET's)

Measure the Waist and then measure the Hips  
Divide the waist circumference by your hip circumference to determine (WHR)  
Waist to Hip Ratio

Health Risk	Women	Men
Low	0.80 or lower	0.95 or lower
Moderate	0.81 – 0.85	0.96 – 1.0
High	0.86 or higher	1.0 or higher

*Together (with Facts) i Can*