

DO I HAVE A POT BELLY?

(Body Fat And Health Risk)

Having a 'pot belly' or fat around your waist, means you are much more likely to develop obesity-related health problems...no matter what your size, or whether you're male or female.

YOU ARE THE ADVERTISEMENT
YOUR CHILD SEES EVERY DAY!!!

Measure My Waist!

You will need a tape measure

Are you:

A woman - more than 80cms?	YES	NO
A man - more than 94cms?	YES	NO

If you answered Yes - you have a high risk of developing Type 2 Diabetes and Heart disease

The type of fat and where it is on your body is very important - if your waist is more than and 80cm for women, or 94cm for men - you will become more and more unhealthy.

Your children copy your habits,
and can become more and more unhealthy.

What about the BMI? (Body Mass Index)

You will need a calculator and tape measure

Measure your heightin metres

eg. 150cms = 1.50mtrs or 171cms = 1.71mtrs

Measure your weightKgs

Your height..... X your height= your height x 2.....

Eg. 1.68 X 1.68 = 2.82

Your weight divided by ÷ your height x 2.....

Eg. 70kg ÷ 2.82

= your BMI24.8

	Underweight#	Healthy	Overweight*
Indigenous and Caucasian adults - aged between 18 - 45	<20	20 - 25	>25
Indigenous and Caucasian adults > 45	<20	20 - 28	>28
Asian adults	<18	18 - 23	>23
Pacific Islander adults	<20	20 - 27	>27