



Wellness Buddy Wednesday Tip

Your “Middle” Can Tell You A Lot

Abdominal fat, also known as “visceral fat,” is not just an aesthetic concern. It’s well established that the more fat we store around our middle the more significant our risk of type 2 diabetes and cardiovascular disease.

A waist measurement of more than 35 inches for women and 40 inches for men may indicate a higher disease risk.

To determine your waist circumference:

1. Place a tape measure around your bare abdomen just above your hip bone.
2. Be sure the tape is snug, but does not compress your skin, and is parallel to the floor.
3. Relax, exhale and measure your waist.

How do you eliminate abdominal fat?

1. **Eat right!** Apparent, but necessary. Using the information at the website www.mypyramid.gov determine the calorie level appropriate for you. Consume regular meals and snacks. Drink water (it’s an essential nutrient). Leave “junk food” at the store. Avoid hidden fats and sugars in foods. Watch portion sizes.
2. **Move more!** Begin a physical activity program that includes cardiovascular and strength exercises. Physical activity will boost your metabolic rate (burning calories more efficiently!). Take those extra steps. Correctly completed crunches or sit-ups will help.

Remember: “You don’t stop playing because you get old, you get old because you stop playing.”



JCHD Step Up, Florida! Healthy Communities Program