

BMI is a simple way to tell if you're a healthy weight for your height. Waist measurement is a good indicator of fat around your organs. Together, these measures can give you a good idea of your health risks. People who are overweight and/or have a high waist circumference are at increased risk of:

- **Several types of cancer**
- **Type 2 diabetes**
- **Heart disease**
- **Stroke**

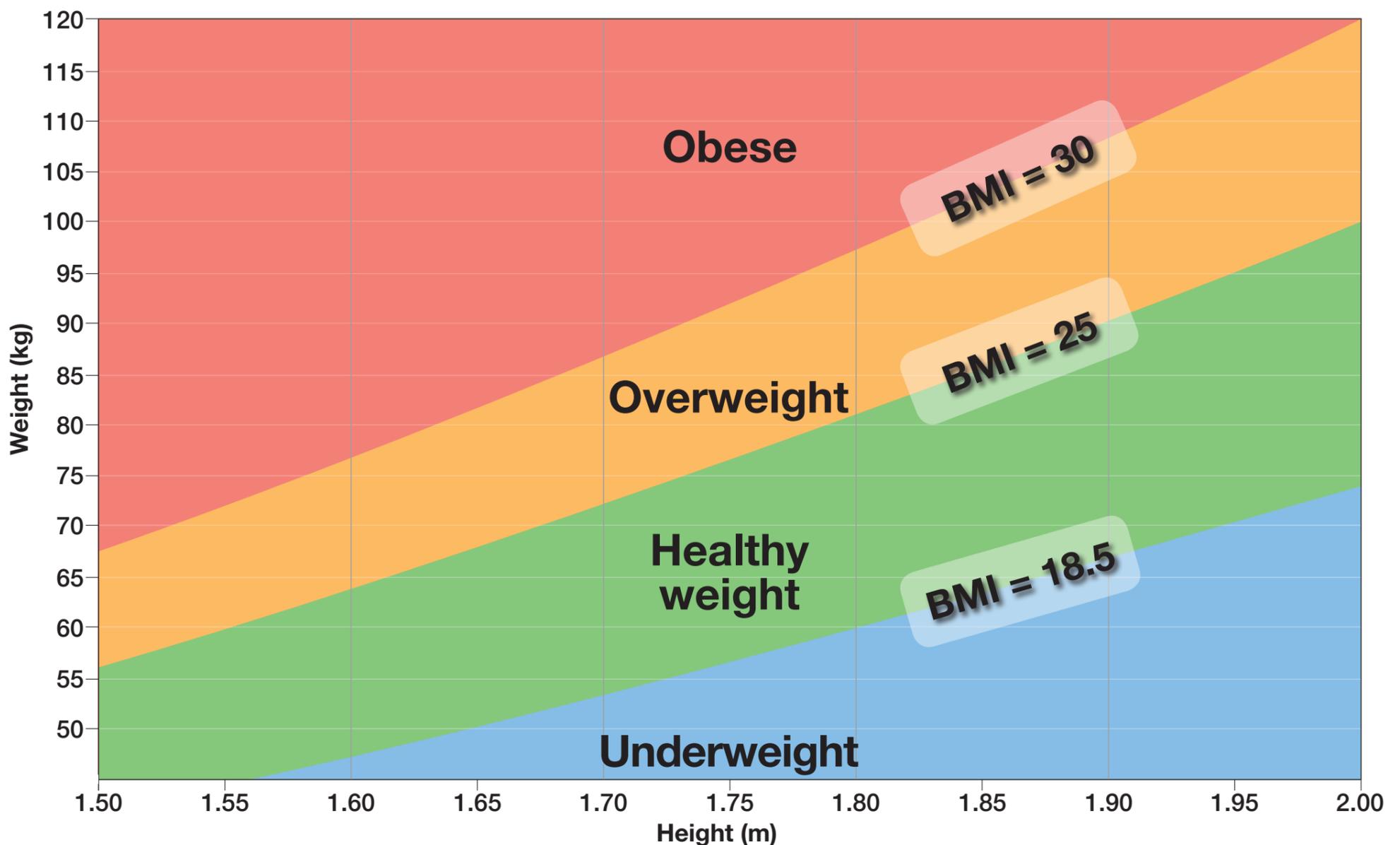
What's your Body Mass Index? (BMI)

To calculate your BMI

1. **Weigh yourself**
wearing light clothes and no shoes if possible
2. **Have someone measure your height**
standing against a wall and facing straight ahead
3. **Use the formula:**

$$\text{BMI} = \frac{\text{weight (in kilograms)}}{\text{height (in metres)} \times \text{height (in metres)}}$$

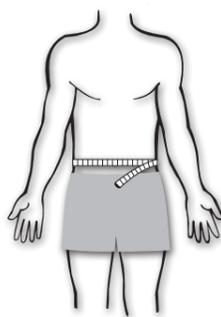
BMI CHART FOR MEN AND WOMEN OVER 18 YEARS OLD



What's your waist measurement?

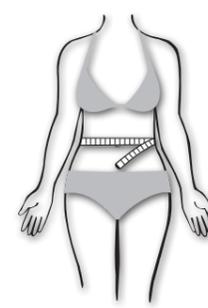
To measure your waist, follow 4 simple steps:

1. Measure directly against your skin.
2. Breathe out normally.
3. Make sure the tape is snug the whole way around, without compressing the skin.
4. Measure around the narrowest point of your waist, roughly in line with your belly button.



Men

- Lowest risk:** below 94 cm
- Increased risk:** 94 - 102 cm
- Highest risk:** above 102 cm



Women

- Lowest risk:** below 80 cm
- Increased risk:** 80 - 88 cm
- Highest risk:** above 88 cm

No matter what your weight or size, physical activity and healthy eating will improve your health and make you feel better! For more information on healthy weight visit livelighter.com.au