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| Healthy weight varies among individualsA healthy weight for one person may be an unhealthy weight for another. Excess body fat, especially around the abdominal area, is a sign of increased risk of developing certain serious health conditions. **Waist circumference** is an estimate of visceral fat, the dangerous internal fat that coats the abdominal organs. To measure your waist circumference accurately, place a tape measure directly on your skin halfway between your lowest rib and the top of your hipbone. Keep it snug, but not squeezing the skin. Breathe out normally and measure. ***Did you know?* A lower risk waist circumference for most men is 40 inches or less. For most women, it is 35 inches or less.**[Body mass index (BMI) and waist circumference | healthdirect](https://www.healthdirect.gov.au/body-mass-index-bmi-and-waist-circumference)Want to learn more? Connect with your Everside healthcare team to ensure you are approaching weight management in a manner that is healthy. The team is eager to provide information, help you set goals, and provide support and accountability. |
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