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ary is American Heart Month.

## k<sup>™</sup> Assessment: Do You or Your Heart?

hdred years ago, heart disease was much hmon and most physicians never treated it e people died from other causes and didn't long as we do now. Today, however, it's our health enemy.

k the habits you practice for heart protection:

I keep my waist circumference below 35 inches (for women) or below 40 inches (for men).

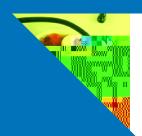
I don't smoke or I'm trying to quit smoking.

I get at least 150 minutes of moderateintensity **exercise** a week.

□ I eat at least 2 cups of fruit and 2½ cups of vegetables daily and restrict sugar as well saturated and trans fats.

I restrict alcohol to 1 drink a day r 2 drinks a day (for men).

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## Your Health: Excess Body Fat

How much should you weigh for good health? Body weight actually matters less than body fat for health protection. In particular, excessive abdominant fat may increase your risk for type 2 diabetes, high blood pressure and coronary artery disease.

We have 2 standards for measuring excess body fat in relation to health.

**1.** Body Mass Index (BMI) – Your health care provider typically will check your weight and height at each o ce visit to identify BMI. Weight that is higher than what is considered healthy for a given height is considered overweight or obese.

BMI is only an estimated calculation of total body fat without regard for the individual's muscle weight or the location of fat. For example, abdominal fat is considered more harmful than fat in the hips and thighs.

**2.** Waist circumference – is measure provides an independent prediction of risk over and above that of BMI. Your waistline may say your health is at risk if you are:

A man with a waist wider than 40 inches.

A woman (non-pregnant) with a waist wider than 35 inches.

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