



Healthy weight varies among individuals

A 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.

Body mass index (BMI) and waist circumference | healthdirect

Want to learn more?

Reach out to your Everside Health team for assistance with your weight management program.

A lower risk waist circumference for most men is 40 inches or less. For most women, it is 35 inches or less.

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