

WAIST CIRCUMFERENCE CHART

People carry extra weight in all different areas such as on our hips, thighs (pear shaped) and abdomen (apple shaped) those who carry more weight on their stomach are found to have more health problems linked to heart disease and diabetes.



So, an easy way to assess our risk is simply to measure our waist circumference.

If your waist circumference is more than:

32 inches / 80cm for **women**

37 inches / 94cm for **men**

Then your health could be at risk

If you measurements are greater than:

35 inches / 88cm for **women**

40 inches / 102cm for **men**

Then you should consider losing weight



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THE GASTRIC BAND EXPERTS

Fill in your results below:

DATE: / /

WAIST CIRCUMFERENCE:

MEASURE AGAIN IN A FEW MONTHS:

DATE: / /

WAIST CIRCUMFERENCE NOW:

So do those measurements as well as your weight – They are just as important!!!