

Waist Management, not Weight Management



Stow the scale and get out the tape measure.

This new approach to a healthy size and a healthy body is based on recent research that proposes that a possible better indicator of health might just be our waist size, not our weight (which can fluctuate with many factors).

A study of 100,000 men and women older than 50 showed that those with the largest waistlines had a risk of dying that was twice that of those with the smallest waistlines — and that for every 4-inch size increase, there was an increase of 25% greater risk of death.

It is believed that large middles contribute to that intra-abdominal, visceral fat that surrounds and even infiltrates vital organs such as the kidneys, intestines and liver.

This fat is different from the subcutaneous fat that we like to lose to get into that bikini. The visceral fat promotes chronic inflammation that has been associated recently with heart attacks and other chronic illnesses.

Waist measure in relation to height is seen as a more useful global clinical screening tool than waist circumference, supporting the simple message “keep your waist circumference to less than half your height.”