



Trim Your Waistline While You Walk

Waist circumference is an important factor in assessing your health risks. Studies show that body fat stored around the abdominal area (i.e., an apple shape) poses greater health risks than fat stored in the lower half of the body (i.e., a pear shape). A high waist circumference is associated with increased risk for developing abnormal lipid levels, heart disease, type 2 diabetes and other chronic diseases. Your risk increases with a waist circumference of over 40 inches for men and over 35 inches for women. Reducing your waistline will reduce your health risks.

Taking a twenty minute walk is a great way to help trim your waistline. A twenty minute walk burns between 75 and 100 calories. By burning 75 to 100 calories extra every day, you will gradually lose between 7 to 10 pounds in a year. As you lose weight through exercise, you'll lose inches... especially around your waistline.

Take an accurate measurement of your waist circumference BEFORE and AFTER participating in ErieWalks, and see how much you lose in eight weeks. But don't stop after eight weeks. Keep walking 20 minutes daily to keep losing inches and trimming your waistline for better health!

To determine your waist circumference:

1. Place a tape measure around your waistline.
2. For accurate placement of the tape measure, locate your waistline by bending slightly to one side and measuring horizontally around this area.

(Hint: It's about 1 inch above your belly button, or midway between the top of the hip bone and the bottom of the rib cage.)
3. Ensure the tape measure is horizontal and taut (not too tight or too loose).

My Waist Circumference is _____ inches

Note: Your waist circumference is NOT your pant or belt size.
You must measure your waist circumference as described above.