

# Are you an apple or a pear?

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Are you an apple-or pear-shaped individual? People with an apple-shaped body carry more weight through their waist area. Those with pear-shaped bodies carry more weight in the thigh and buttock areas. Why does the size of your waist matter? **Where** you carry your weight has a significant impact on your health. Pear-shaped individuals may have a harder time losing weight, but apple-shaped persons can be at greater risk for disease.

So, if you want to do something really scary this Halloween, use your tape measure to measure your waist. Men with a waist circumference of 40 inches or more and women with a waist circumference of 35 inches or more are at increased risk for the following diseases:

- Cardiovascular disease
- Gall bladder disease
- High blood pressure
- Diabetes
- Osteoarthritis
- Sleep apnea
- Breast, colon, endometrial and prostate cancers

None of these diseases sound like something you would want to put in your Halloween bag of goodies. With the best food-eating holidays right around the corner, now is a great time to make a commitment to lifestyle changes. The power for making changes lies with your own hands and feet.

Making exercise a priority in your day to include 30 minutes of increased activity will help keep that scary waistband measurement from growing larger and becoming more frightening. Starting now to reduce your waist circumference, will make the next Halloween less scary. Please consult with your physician before beginning an exercise program.

## **Measuring your waist**

To measure your waist circumference, begin standing and place a tape measure around your bare abdomen just above your hip bone. Be sure that the tape is snug, but does not compress your skin, and is parallel to the floor. Relax, exhale, and measure your waist in inches.