

Wellness Institute ... Keeping you healthier



For BMI: Measure your height in inches and your weight in pounds.

- Use following chart to calculate
- Use formula

**Stay under 30 BMI to avoid obesity.
Stay under 25 BMI for optimum health!**



For WHR: Measure in inches -- your waist just above your belly button, and your hip at its widest part, usually 1-2 inches above your thighs.

- Use following chart to calculate
- Or Waist inches / Hip inches

**Stay under 0.8 if female, 0.9 if male
For less cardiac and diabetes risk**



For Waist Measurement: Measure your waist by finding the top of your hip bone and measuring one inch above, around your circumference. Hold tape level to measure.

- Males less than 40" have less risk
- Females less than 35" have less risk

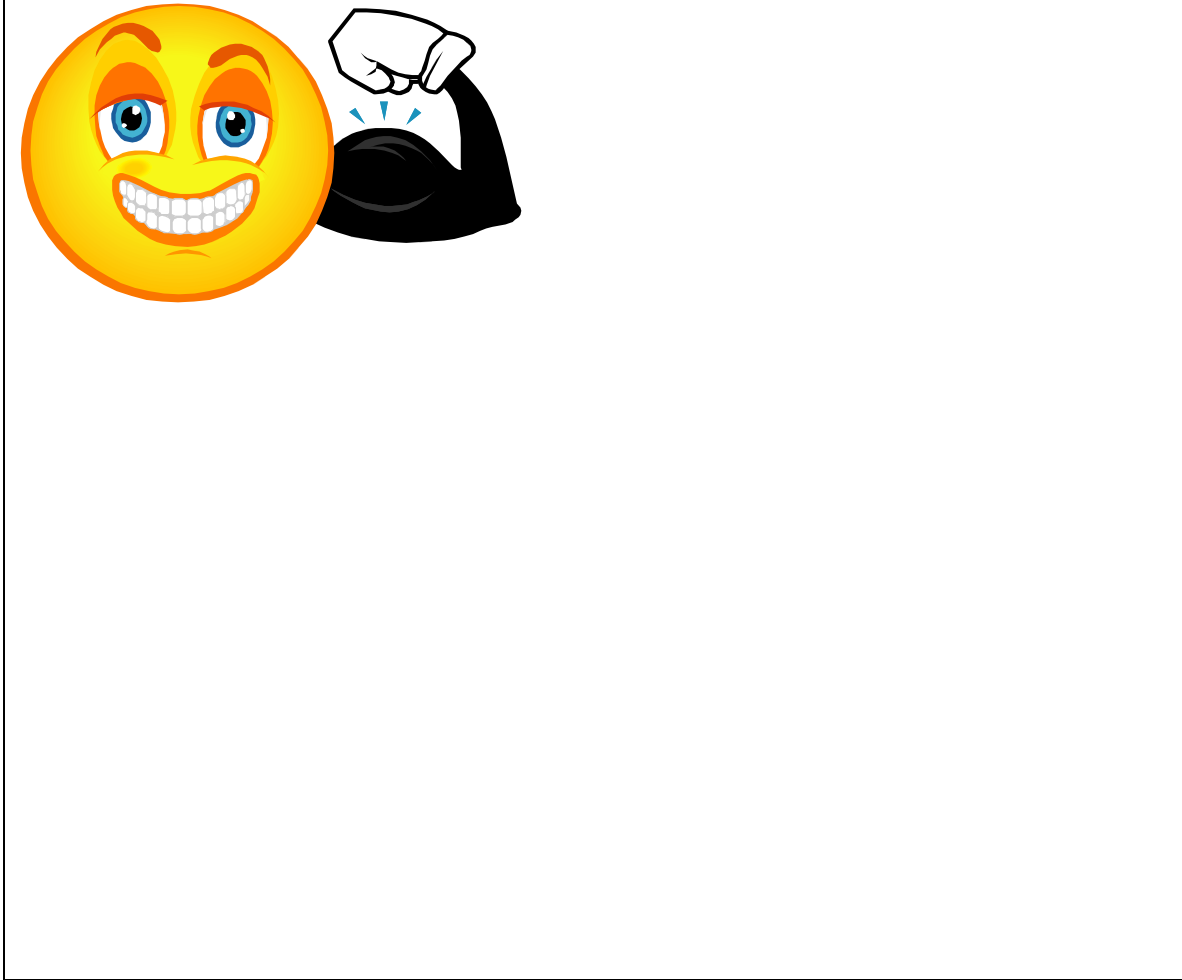
**Reduce waist circumference to reduce risk
For cardiac and diabetes conditions**

How to learn more:

Wellness Institute, Inc. provides a program at various employer, senior citizen, and facility sites to encourage participants to know their Body Mass Index and Waist to Hip Ratio as a widely recognized parameter of health status, including risk for cardiac and diabetes conditions.

For information on this program contact mhartnett@wellnessinstitute.com

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