

FEBRUARY QUIZ

HEALTHY WEIGHT WEEK

Australia's Healthy Weight Week aims to raise awareness of the importance of achieving and maintaining a healthy weight and a healthy lifestyle. Statistics show that almost 63% of Australian adults and 25% of Australian kids are overweight or obese. The latest statistics show 37% of 25 – 50 year old women and men are overweight, and of that 27% are obese. Unfortunately only 1 in 10 of these Australians trying to lose weight seek advice from a dietitian. Being overweight or obese can increase your risk of many health problems, such as type 2 diabetes, high blood pressure and heart disease. Here are a few easy ways we can check if you are at a healthy weight:

Waist Circumference

People who hold most of their body fat around their waist are at an increased risk of having health problems, because this excess fat surrounds vital internal organs. Therefore it is important for women to have a recommended waist circumference of less than 80cm, and men to have a recommended waist circumference of less than 94cm.

Waist to hip ratio

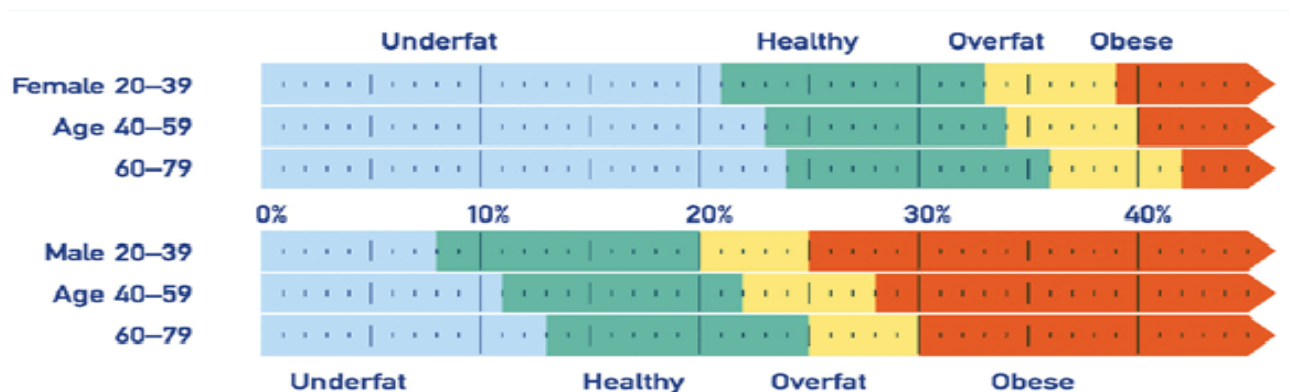
The waist to hip ratio (WHR) can identify abdominal obesity. You can determine your WHR by dividing your waist measurement (cm) by your hip measurement (cm). Men should aim to have a WHR below 0.9, and women a WHR below 0.8

Body Mass Index

Body Mass Index (BMI) is another way we can estimate health risks associated with your weight. BMI compares your weight with your height, although does not account for your body composition. The percentage of your weight that is made up of muscle and fat impacts your health risks. BMI should be used in conjunction with other measures, such as body measurements, body fat and muscle mass and these results should be interpreted by a health professional to identify the healthy weight of an individual.

Regular fitness appraisals

Here at Health Mates, regular fitness appraisals are included in all memberships, even if you are on a 10 visit pass or monthly membership. In a fitness appraisal we check your weight, body fat percentage, visceral fat, girth measurements and much more. Using the chart below, we can determine if you have a healthy body fat percentage, and consequently assist you in reaching or maintaining a healthy weight. To book an appointment for a fitness appraisal, please ask at reception.



**Turn over for your chance to WIN a 1Hour Dietitian Consultation valued at \$80.
Entries due in our suggestion box by 23 February 2014 - Good Luck!**



FEBRUARY QUIZ

Complete the quiz for the chance to
WIN a 1 HOUR DIETITIAN CONSULTATION

Circle the correct answer then place your completed quiz in the suggestion box by
23 February 2014

63% of Australians are overweight or obese

TRUE / FALSE

Being overweight increase your chance of many health issues

TRUE / FALSE

Women should aim for a waist measurement above 80cm

TRUE / FALSE

Your muscle mass and body fat should be taken into consideration when determining a healthy weight

TRUE / FALSE

People who hold their fat around their stomach are at less of risk of health issues

TRUE / FALSE

NAME: _____

TELEPHONE: _____