

Your Heart Disease Risk

Take this easy challenge...

Extra weight around your waist is a risk factor for heart disease.

- ♥ Use a measuring tape or pre-cut string to measure your waist.
- ♥ Put the tape or string around your middle over your belly button.
- ♥ Be sure it is snug and even all the way around your body.
- ♥ Relax. Breathe out. Measure your waist.
- ♥ Does the tape or string meet in the middle?

Men:

Is your waist more than **40 inches**?



Women:

Is your waist more than **35 inches**?



If your waist is more than **40 inches** (for men) or **35 inches** (for women) you are at risk for heart disease.

♥ *Talk to a health provider about your heart disease risks.*

