



Waist to Hip Ratio & BMI

I had to phone our local telephone company the other day due to a problem that I was having with my cell phone. After going through all the appropriate automated questions (you know the drill, press 1 for English, press 3 for billings and accounts, press 2 for mobility phone), I finally got myself a live person. Once the basic introductions were done, she asked me for my 4 digit code. "Right, my 4 digit code" I repeated back to her. "Okay, I think it is ****." There was a pause on the other end and then a curt negative. "Alright, try ****." Negative once again. So, I came up with another 4 digit combo, which was quickly rejected as well.

Oh boy, I thought to myself, I wonder if you only allowed so many tries before they fear that you are an imposter, cut you off of your cell phone access and send the mobility police after you. Fortunately, on the 4th try, I got my 4 digit code correct and no secret police were breaking into my home that evening while I was asleep.

Have you ever added up all the numbers that we must remember in our daily lives? Phone numbers, codes, numeric passwords and alarm access codes are just a few numbers that we must remember. But what about all those other important numbers - such as body mass index, waist circumference or waist-to-hip ratio - does everyone know these numbers that are central to a healthy life?

Experts claim that our body mass index (BMI) is one number that we should know. Our BMI has an impact on our risk of many health problems, including heart disease, type 2 diabetes and some cancers. Studies have shown that individuals with a lower BMI typically have lower blood pressure readings and lower levels of blood sugar and cholesterol.

Another indicator of potential disease is our waist circumference. Abdominal fat is a good predictor of our risk for developing heart disease and other diseases, and this risk increases with a waist measurement of over 40 inches in men and over 35 inches in women.

The final number to know is your waist-to-hip ratio. Research has shown us that people with apple-shaped bodies (with more weight around the waist) face more risks than those with pear-shaped bodies who carry more weight around their hips.

To find out your waist-to-hip ratio follow these steps:

1. Use a non-stretchable tape and measure the waist at its narrowest point, usually just above the belly button.
2. Measure the hips around the widest part of the hip bones.
3. Divide the waist measurement by the hip measurement.

Best Waist-to-Hip Ratio for Men and Women

Ideally, women should have a waist-to-hip ratio of 0.8 or less.

Ideally, men should have a waist-to-hip ratio of 0.95 or less.

Body Mass Index Chart

To use the table, find the appropriate height in the left-hand column labeled Height. Move across to a given weight (in pounds). The number at the top of the column is the BMI at that height and weight. Pounds have been rounded off.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

It is important to remember that BMI is not a direct measure of body fatness and that BMI is calculated from an individual's weight which includes both muscle and fat. As a result, some individuals may have a high BMI but not have a high percentage of body fat.

Find out more nutrition information, as well as the best exercises you should be doing for your body, under your own trainer. Join today and not only reach your fitness goals, but crush them out of the park!