

Height vs Waist

How long is a piece of string?

Recent research suggests that you should aim to:

'keep your waist circumference to less than half your height'

This simple rule is now considered by many to be a more realistic indicator of obesity than the traditional BMI scoring system.

Using a piece of string, simply measure your height from the floor to the top of your head, cut the string and fold the length in half. If you are of a healthy weight, this halved length should comfortably fit once around your waist.

*as an approximate reference, your waist is a two-finger width above your belly button

Below is a link to a relevant research paper:

<http://www.ashwell.uk.com/images/2014%20Ashwell%20Mayhew%20Richardson%20and%20Rickayzen.pdf>

