

# Men and their *grabbable* guts

Did you know that 70% of Australian men are carrying extra weight? And four out of five men over 45 years old are overweight.

This is important, because we know that carrying too much extra body fat increases the risk of health problems, like type 2 diabetes, heart disease, fatty liver disease and certain cancers.

There's a couple of ways to figure out if you're at increased risk because of your grabbable gut. The best is by looking at your waist measurement. You can also measure your body mass index or you can look at a combination of the two.

## **BMI is only one measure**

It's important to remember that not everyone with a high BMI is unhealthy, and not everyone with a "healthy" BMI is healthy. Eating well and being active is great for your health regardless of your weight or shape.

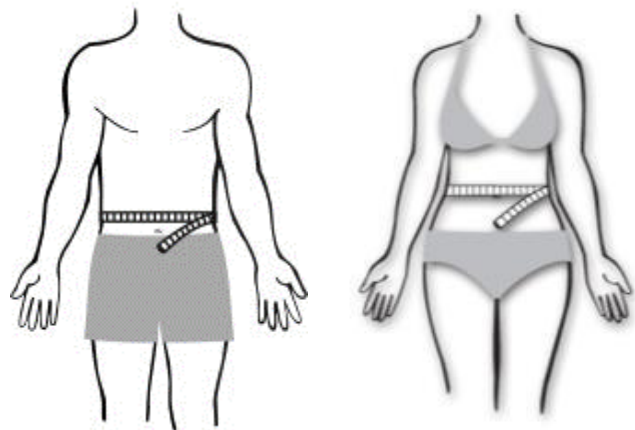
## **Make small changes**

There's no magic bullet, and there's no quick fix. But here's some small changes that can make a big difference.

1. Ditch the junk food
2. Watch your portions
3. Avoid sugary drinks
4. Sit less and move more
5. Eat more vegetables

## **Did you know?**

BMI is not a useful tool for body builders or some high performance athletes. Many professional AFL players would be classified as obese! High BMI isn't the same as too much body fat – it's a simple formula that can make a good guess.



## **Measuring your waist**

Tip: If you don't have a flexible tape measure to measure your waist, use a piece of string, then measure the piece of string.

### **Men**

**Lowest risk:**  
**Below 94cm**

**Increased risk:**  
**94 – 102cm**

**Highest risk:**  
**Above 102cm**

### **Women**

**Lowest risk:**  
**Below 80cm**

**Increased risk:**  
**80 – 88cm**

**Highest risk:**  
**Above 88cm**



## **What is toxic fat?**

Body fat doesn't just sit there. Fat tissue produces chemicals and hormones which travel around our bodies. Visceral fat (the fat on our organs) produces more of these chemicals than the fat under our skin. These chemicals can be damaging to our body. That's why we call it toxic fat.