Test Your Heart Disease Risk: It's Easy

Extra weight around your waist is a risk 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?

<table>
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<th>Men: Is your waist more than 40 inches?</th>
<th>Women: Is your waist more than 35 inches?</th>
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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.