

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?

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.