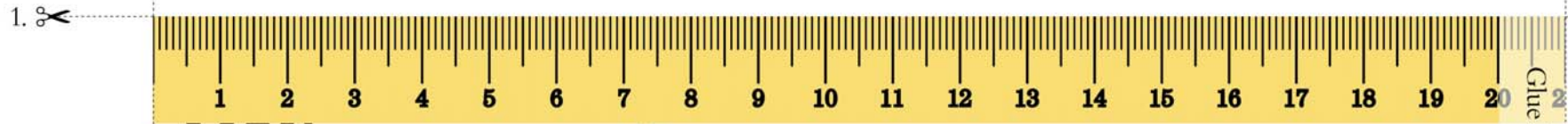


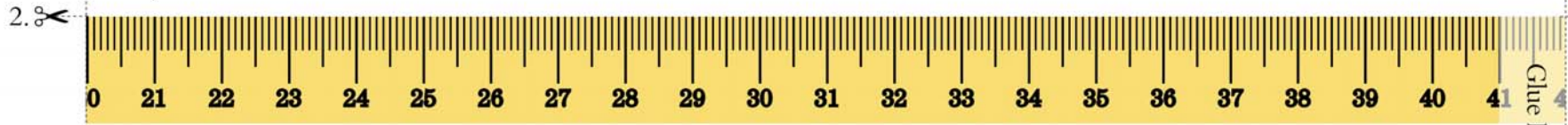
Find out how you measure up.

Cut out the 6 sections and stick together to create your very own tape measure.

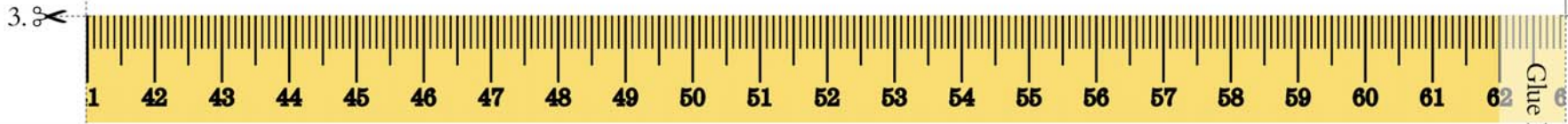


MEN

How do you measure up?

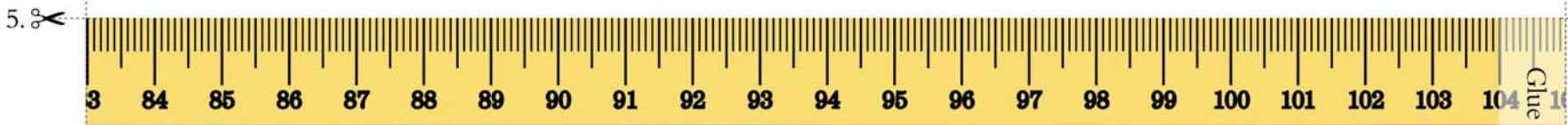
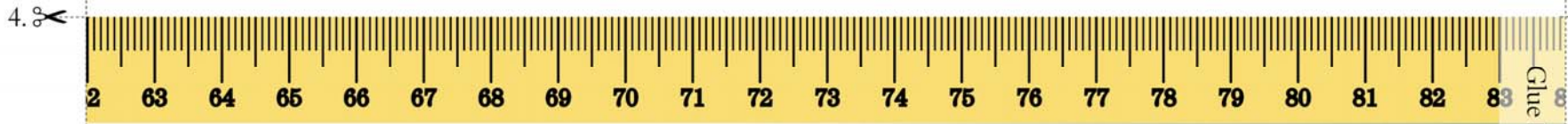


If your waist measures more than 94cm, you may be increasing your risk of chronic diseases such as some cancers, heart disease and type 2 diabetes. Greatly increased risk = 102cm or more.



For more information and tips on how to reduce your health risk, go to australia.gov.au/MeasureUp

Australian Better Health Initiative
A joint Australian, State and Territory government initiative.



Healthy range → 94cm

Risk range 94 → 102cm

High

