

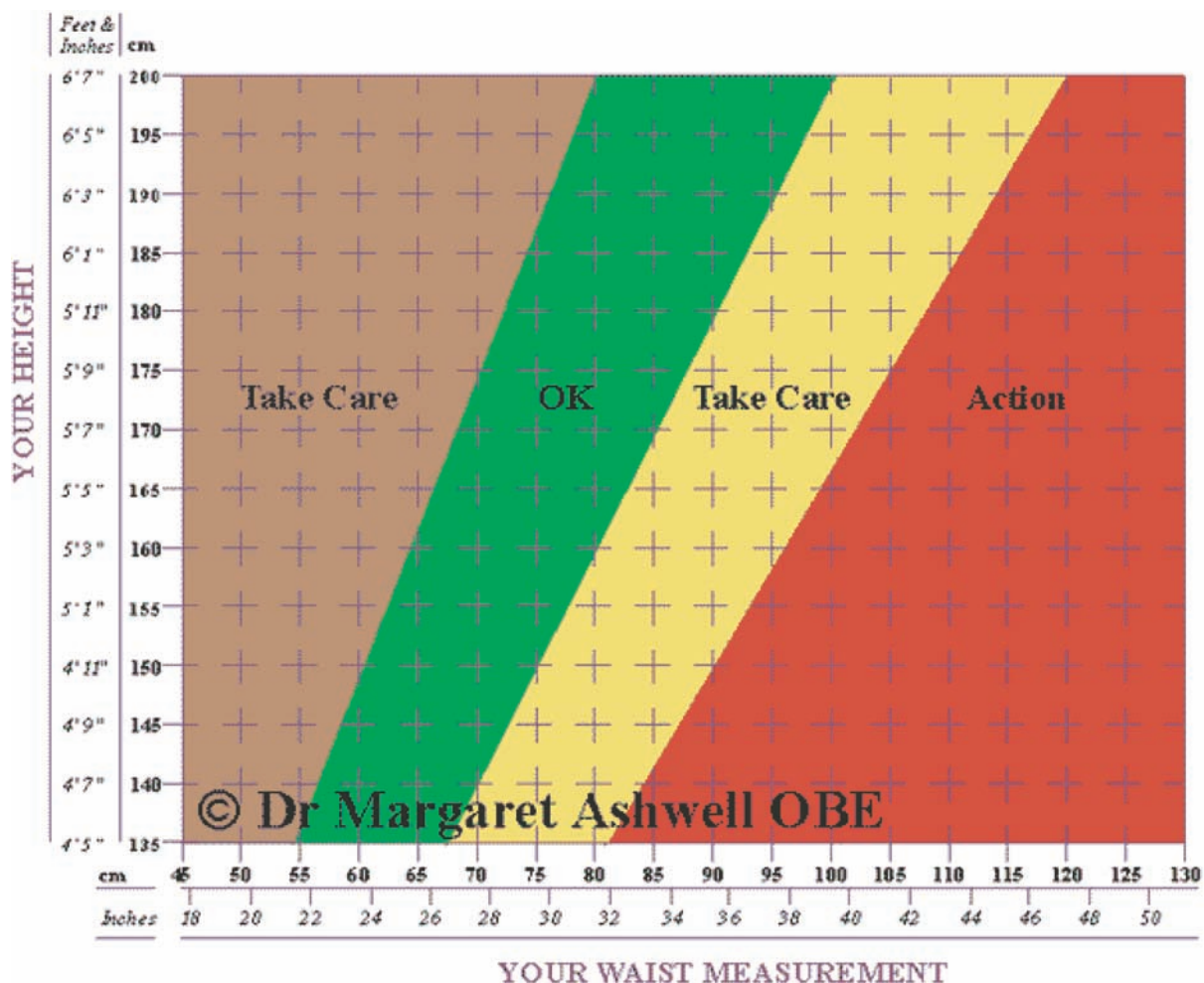
Your Body Shape

Handout 1

To get a clearer picture of your overall health risk, you might find it useful to check out your body shape. You can do this by plotting the size of your waist against your height on the Ashwell[®] Shape Chart.

Use the chart below and draw a horizontal line to correspond with your height and a vertical line to correspond with your waist circumference measurement. The point where these two lines meet shows where your shape is on the chart. If you have well-developed muscles, you may find that you will fall into the category of overweight on the body mass index calculator (and the height/weight chart), when in fact you may have a healthy body shape and very little fat. The Ashwell[®] Shape Chart will help you determine if you need to make some changes.

Ashwell[®] Shape Chart



Refer to the Ashwell® Shape Chart to determine your body shape:



Brown 'Take care' (undesirable) area

If you are in the brown 'chili' type region, this body shape is undesirable (take care). You will not need to lose weight and may even need to gain weight.



Green 'OK' area

If you are in the green 'pear' region, this is an OK healthy body shape. Any excess fat stored under the skin around the buttocks, hips and thighs is less harmful to health than having an apple shape.



Amber 'Take care' area

If you are in the amber 'pear-apple' region, you should avoid putting on any more weight, especially if your measurements fall towards the upper end of the area.



Red 'Action' area

If you are in the red 'apple' region, your health is probably at risk. This body shape stores excess fat deep below the skin in the stomach area and increases your risk of serious health conditions, such as heart disease, raised blood pressure, Type II diabetes and some types of cancer. Your health is likely to be at risk. It is important for you speak to your physician about losing weight.

Margaret Ashwell has granted permission to use the Ashwell® Shape Chart for educational purposes.

Prepared by Danita Brookins, Ed.D., EFNEP Program Associate, University of Arkansas Division of Agriculture, Cooperative Extension Service, dbrookins@uaex.edu.