

# Health Assessment - What the Numbers Mean

Measurement	Male	Female	
<b>BMI = weight in kg/(height in m)<sup>2</sup></b>			
Underweight	18.4 or less	18.4 or less	
Target (normal)	18.5-24.9	18.5-24.9	
Overweight	25-29.9	25-29.9	
Obese	30 or more	30 or more	
<b>Waist Circumference (cm)</b>			
Target (normal)	less than 94 cm	less than 80 cm	
Risk of health complications	94-102 cm	80-88 cm	
High risk of health complications	more than 102 cm	more than 88 cm	
<b>Waist to Hip Ratio (w/h)</b>			
Target (normal)	less than 0.9	less than 0.8	
Risk of health complications	greater than 0.9	greater than 0.8	
<b>Blood Pressure*</b>			
Target (normal)	120/80	120/80	
High to normal	120-139/80-89	120-139/80-89	
<b>Target Cholesterol &amp; Triglyceride Levels**</b>			Those at Risk of CVD
Triglycerides	less than 1.7	less than 1.7	less than 1.5
Total Cholesterol	less than 5.2	less than 5.2	less than 4.0
HDL Cholesterol	more than 1.0	more than 1.3	more than 1
LDL Cholesterol	less than 3.4	less than 3.4	less than 2.5

\* be aware of medication effects

\*\* mmol/l

Reference: The CSIRO Healthy Heart Program, Dr M Noakes & Dr P Clifton, Penguin Books, Australia, 2008

*Work Out My Butt Abs & Thighs*

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