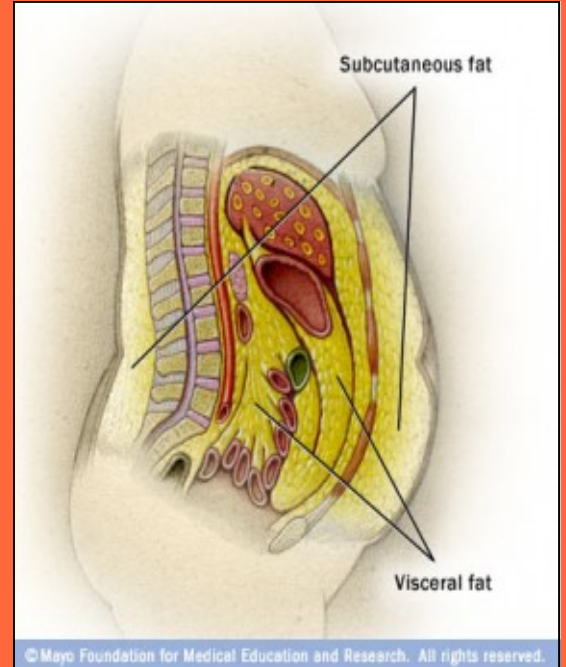


Belly Be Gone

Week 1) What is “Belly Fat”

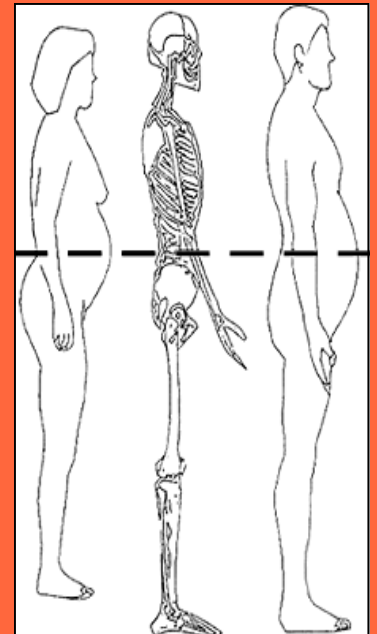
There are two types of belly fat:

- **Visceral Fat**-accumulates in your abdomen, in the spaces between your organs. Difficult to lose even with diet/exercise. Located dangerously close to your heart and liver, increasing your chances of heart disease, diabetes, breast and colorectal cancer.
- **Subcutaneous Fat**-Superficial fat lying between the skin and the abdominal wall. Fat you can see and pinch. Makes you overweight, can also lead to many disease states as well.



Action: Check your BMI and waist circumference

- The simplest way to check for abdominal fat is to measure your waste.
 - Run a tape measure around your torso at about the level of your navel.
 - Make sure tape is snug, but don't push into skin.
 - Don't “suck” in!
- You can go to the One Stop Wellness website: 1stopwellness.net and click on BMR/BMI calculator to calculate your BMI (Body Mass Index).
- A waist circumference greater than 35 for a woman and 40 for a man, is considered in the high risk range.



Benefit: Reduces the risk of Diabetes, Hypertension, High Cholesterol, and some types of cancer

The good news is that visceral fat yields fairly easily to exercise and diet with benefits ranging from lower blood pressure to more favorable cholesterol levels!