

What does the location of body fat mean?

Stay Strong February

StayStrong in an upside-down world!

Knowing where you carry your weight and what it means might help you address health issues. Also, if you begin to address inflammation, you can monitor inches to know if you are supporting your body's health more than just weight loss might indicate.

Waist-to-Hip Ratio helps in many ways!

- Men should have a waist-to-hip ratio slightly under 1.0.
- Women should have a waist-to-hip ratio of .85 or lower.

Health Risk	Women	Men
Low	.80 or lower	.95 or lower
Moderate	.81-.85	.96 – 1.0
High	.86 or higher	1.0 or higher

How to calculate your waist-to-hip ratio.

- Stand up straight and breathe out. Use a tape measure to check the distance around the smallest part of your waist, just above your belly button. This is your waist circumference.
- Then measure the distance around the largest part of your hips — the widest part of your buttocks. This is your hip circumference.
- Calculate your WHR by dividing your waist circumference by your hip circumference.

Abdominal obesity.

- Too much fat around your waist is known as abdominal obesity. This fat is called visceral fat because it surrounds your liver and other organs.
- Visceral fat sends hormones, fatty acids, and other chemicals that cause inflammation into your body. This leads to higher cholesterol, blood pressure, and blood glucose. It also leads to higher levels of triglycerides, a type of fat, in your blood.

Body Shapes:

According to Mayo Clinic, "People with metabolic syndrome typically have *apple-shaped bodies*, meaning they have larger waists and carry much weight around their abdomens.

It's thought that having a *pear-shaped body* — that is, carrying more of your weight around your hips and having a narrower waist — doesn't increase your risk of diabetes, heart disease, and other complications of metabolic syndrome."

Apple shape

- Research has found that apples are more likely to suffer from heart disease, cancer, and diabetes. Reducing carbs can sometimes be helpful, along with balancing cortisol.

Pear shape

- Pears need to be wary of varicose veins and degenerative knee and joint diseases, as extra weight in these areas can put pressure on the veins and cause the knees and joints to wear down more quickly. Pears may also suffer more with PMS and fluid retention.

Hourglass shape

- The hourglass is similar to a pear, except the bust and hips are closer in measurements, whereas in a pear shape, the waist is usually larger than the bust, and the hips are larger than the waist.

Up and Down Shape

- With figures like elongated rectangles, this body shape has small hips, breasts, and an almost equal chest and waist circumference. Women with a straight up-and-down shape often find it easy to lose weight and have a lower risk of heart disease, diabetes, and breast cancer. However, they sometimes have low estrogen levels, disrupting the menstrual cycle and raising the risk of endometriosis, potentially hindering fertility.

Join us in **EASY** while we discuss how to know if cortisol, estrogen, thyroid, or insulin are issues for you and what you can easily do to bring balance to these hormones. We will also be looking at blood type considerations.

Each week in February – March we are coaching

- Broken Metabolism
- Learning how to assess what is inflammatory for you.
- Movement
- Strength
- Breathing
- Cranial Nerve Resets

The second Quarter will take us to the Kitchen for Cooking Classes, Food Planning, Food & Travel

The third Quarter will take us into Cleansing and many kinds of Easy Cleanses

The fourth Quarter will take us into Creating Lasting results through Tracking, Recognizing Results, how to Celebrate, and our annual Holiday Tips and Blessing.

Join us in EASY! Join our private Facebook Group and access to all calls in the library since August 2020.

<https://www.cheryltownsleytraining.com/easy-2021>

Product Spotlight:



OPTI-FEMALE: Unlike other female-oriented formulas, Opti-Female gives your body all the known research-backed nutrients that support hormonal balance. These ingredients allow your system to decide what it needs to use. It's become a huge relief for [women and their families] across the nation.

<https://www.lifestyleforhealth.com/product/opti-female/>



Optimal Opti-T™ was created to support the testosterone needs of men and women. Specific predigested herbs were included to promote higher testosterone levels, reproductive health, enhance memory and aid circulation.



BARLEAN's: With over 2,900 mg of Omega-3 per serving, Omega Swirl flax oils allow everyone to enjoy the benefits of a delicious, super-efficient dose of Omega-3 nutrition – without any oily texture or large capsules to swallow. Emulsified for superior taste, texture and absorption, it's the perfect solution for the whole family!

<https://www.lifestyleforhealth.com/product/barleans-omega-swirl-blackberry-16oz/>



Optimal EFA -The Essential Fatty Acid formula is a revolutionary new product. According to the New England Journal of Medicine and The Journal of American Medical Association, the ingredients are associated with a decreased risk of high blood pressure, cancer, cardiovascular disease, and diabetes. EFA's have shown to be effective for joints, hormone balancing, and healthy skin production.

<https://www.lifestyleforhealth.com/product/optimal-efa-essential-fatty-acids/>