

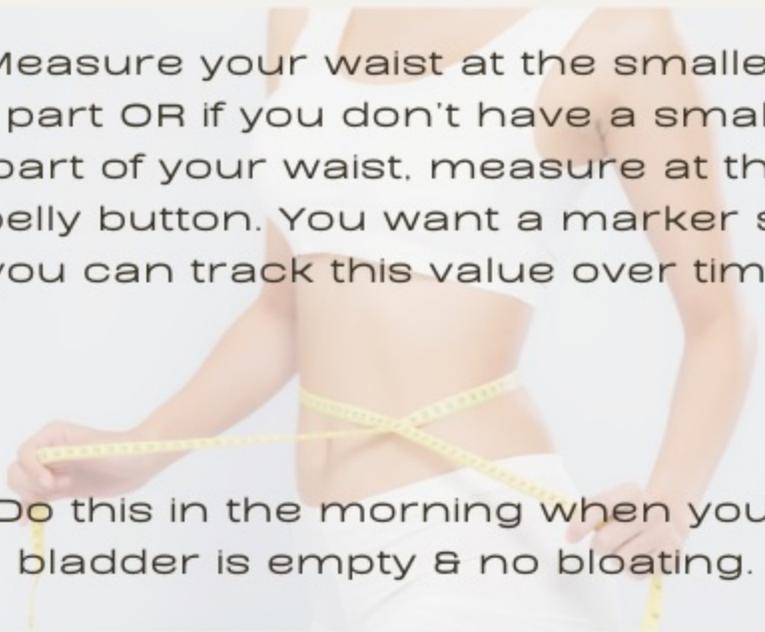
Viseral fat surrounds our organs and too much puts us at a higher risk for chronic disease.

For women, the ratio of visceral fat increases in menopause, even if diet and exercise stay the same.

Use these steps to estimate your visceal fat to determine if you are at higher risk.

Measure your waist at the smallest part OR if you don't have a small part of your waist, measure at the belly button. You want a marker so you can track this value over time.

Do this in the morning when your bladder is empty & no bloating.



Measure your hips at the widest part and make a note of that value.



Divide your waist measurement by your hip measurement.

For females, if your less than 0.7 then your chances of having clinically significant aberrations of visceral fat is low.

If you are greater than 1 than you may have higher levels of visceral fat.

This is a more reliable measure of risk of metabolic health than weight or BMI.



Use this value to get an idea of your metabolic health and as a baseline to measure your progress.

*Don't check in daily on this measure, consider up a monthly cadence