

Get in the Walking Habit

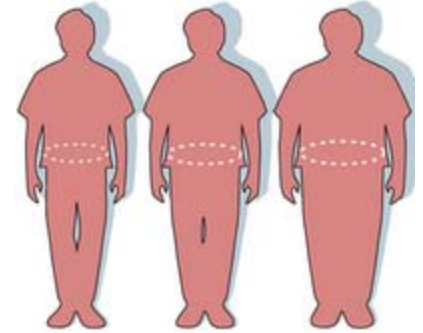
The experts agree - walking is important to reduce belly fat. It is a great way to prevent weight gain and cardiovascular disease—the top killer of diabetics.

Wondering how to take that first step? Here are some easy ways to get active every day:

- Get off the bus or subway a stop early and walk
- Park your car in a farther spot and walk the extra distance
- Take your dog for a walk
- Run around with your kids or grandkids
- Buy a pedometer to count your steps and challenge your friends to see who can walk the most steps in one day.
- Work your way up to 10,000 steps per day (5 miles)
- Ask your Bronx Health REACH health coordinator about forming a walking club or starting a Fine, Fit and Fabulous at your church



Belly Fat and Risk for Disease



Did you know that carrying extra weight around your waist puts you at higher risk for heart disease and diabetes than just being overweight or obese? Even for people who are at a healthy weight, as waist size increases, so does the risk for an early death.

There are many reasons for this. Fat around the belly increases the hardening and inflammation of the arteries which can lead to heart problems and stroke. It can also affect how well your brain works and how well your body fights disease. Excess fat around your stomach and digestive organs can also increase the risk for type 2 diabetes.

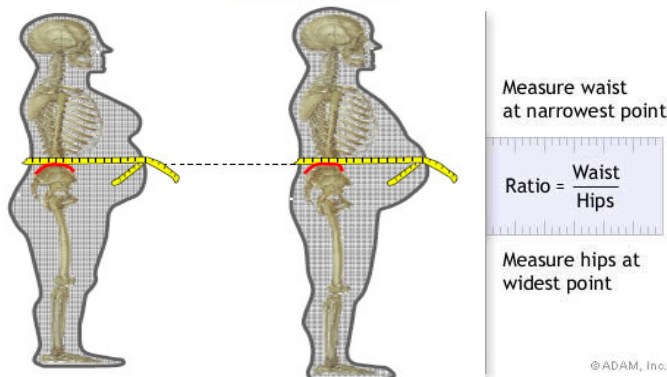
*“With long life will I satisfy Him, and show him my salvation”
(Psalm 91:16)*

What does evidence say about belly fat?

Fat may concentrate around your belly due to stress, food, allergies, aging, bacteria, and inflammation. People who gain weight mostly in their hips and buttocks have a [pear shape body](#). People who gain weight mostly in the abdomen have more of an [apple shape body](#). If you have an apple shaped body, you are at increased risk for the health problems associated with obesity. These include diabetes, heart disease and high blood pressure

Determine your Waist Circumference

Waist size is a good indicator of your belly fat. Determine your waist size by placing a measuring tape snugly around your waist. Men's risk increases with a waist measurement of over 40 inches. Women's risk increases with a waist measurement of over 35 inches.

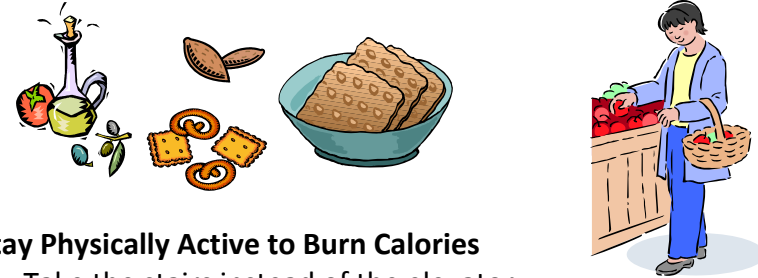


How to Take Care of your Fat Belly?

Every bit counts and will help to lose that stubborn belly fat. Here are some small changes you can make for a lifetime of health:

Add belly-fat fighting foods

- Eat lots of fruits and vegetables, salads with olive oil, beans and wholegrain to get dietary fibers.
- Eat less salty foods
- Eat a hand full of nuts and seeds daily. They contain good fats that fight the bad fat in your belly.
- Drink 8 glasses of water daily to avoid fluid retention.
- Avoid Trans fats. They promote belly fat .
- Check the labels of margarines, crackers, and cookies.
- Eat less calories by cutting down on sodas and fatty meats.



Stay Physically Active to Burn Calories

- Take the stairs instead of the elevator.
- Get off one stop early from the train or the bus and walk a couple extra blocks.
- Stay stress-free. Take a deep breath through your nose and deeply exhale through your mouth as often as possible.

