

# Healthy OPTIONS

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Research has found that if your body shape resembles an apple, with extra weight around your abdomen, you are at an increased risk of developing diabetes, high blood pressure, certain cancers and heart disease. If you resemble a pear, with the bulk of your weight around your hips and behind, you're at less risk. Determine your body shape by measuring the narrowest part of your waist and the largest part of your hips, then divide your waist measurement by your hips. The ideal reading is 0.8, which means your hips are proportionately larger than your waist. **Women:** You tend to be naturally pear-shaped through childbearing years. However, once menopause strikes, your fat is more like to accumulate around your middle, becoming an apple. **Men:** You may think you haven't gained much weight since your high school hunk days, but your weight has probably shifted to your middle, too, making you more of an apple.