



# How do YOU measure up?

No matter what you weigh, belly fat increases your risk of diabetes, heart disease and cancer.

Your trouser size isn't always a good indication of your waist measurement. Grab a tape measure, and visit [www.oneyoucamden.org](http://www.oneyoucamden.org) to see how you measure up.

Get free advice, tools and information at **One You Camden.**

**ONE YOU** CAMDEN

 **Camden**