
Guideline 6:

Active Living & Waist-Wise Eating

Understanding Abdominal Obesity

◊ **What It Is & Why It Matters**

- Abdominal obesity refers to excess fat around the waist, which increases risk for heart disease, diabetes, and metabolic syndrome.
- Waist circumference is a key indicator: >90 cm for men and >80 cm for women is considered high.

◊ **Contributing Factors**

- Sedentary lifestyle, high intake of processed foods, sugary drinks, and lack of portion control.
- Stress and poor sleep also contribute to fat accumulation around the abdomen.

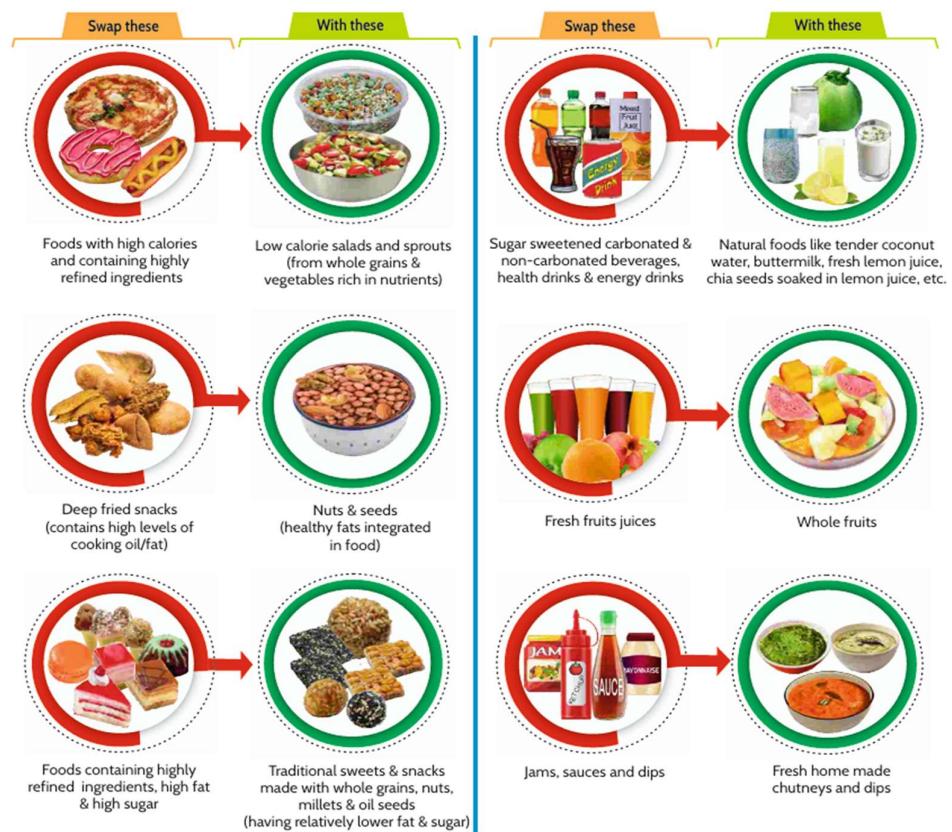
Healthy Lifestyle Habits

◊ **Balanced Diet for Weight Control**

- Include whole grains, vegetables, legumes, lean proteins, and healthy fats.
- Avoid ultra-processed foods, sugary snacks, and excessive salt and fat.
- Practice portion control and mindful eating.

◊ **Behavioral Tips**

- Eat slowly and avoid distractions during meals.
- Plan meals ahead to avoid impulsive eating.
- Keep healthy snacks like fruits and nuts accessible.



Swap high calorie food with healthier foods



Suggested diet for normally nourished sedentary women



Suggested diet for normally nourished sedentary men

Physical Activity Essentials

❖ Recommended Exercise

- At least 30 minutes of moderate-intensity activity daily: brisk walking, cycling, swimming, or dancing.
- Include strength training 2–3 times a week to build muscle and boost metabolism.

❖ Incorporating Movement

- Take stairs instead of elevators.
- Walk or cycle for short errands.
- Stretch or do yoga during breaks.

Activity	Duration (min.)
Sleep	480
Occupation (work)	480
Household chores (cleaning, cooking or washing utensils)	220
Personal care / eating / watching TV	180
Leisure time physical activity (different yoga postures, walking, gardening, dancing etc.)	60
Aerobic exercise (brisk walking, running, Swimming, cycling etc.)	20

Recommended physical activity: Duration for good health

Preventing Weight Gain

❖ Avoid Rapid Weight Loss

- ICMR advises gradual weight reduction—about 0.5 kg/week is safe.
- Diets should not fall below 1000 kcal/day and must meet nutrient needs.

❖ Smart Weight Management

- Track progress with waist measurements and activity logs.
- Focus on consistency over intensity.
- Avoid anti-obesity drugs unless medically prescribed.

Daily Checklist & Activity Tracker

❖ Quick Reference Table

Action	Goal	Tip
<i>Waist circumference</i>	<90 cm (men), <80 cm (women)	Measure weekly
<i>Physical activity</i>	30 min/day	Use a pedometer or app
<i>Meal planning</i>	Balanced & portioned	Prep meals in advance
<i>Screen time</i>	<2 hours/day	Replace with active hobbies
<i>Sleep</i>	7–8 hours/night	Maintain a regular schedule

❖ Interactive Ideas

- Add a waist tracker with visual progress rings.
- Create a “Move More” challenge with daily goals.
- Embed a collapsible checklist with motivational badges.