

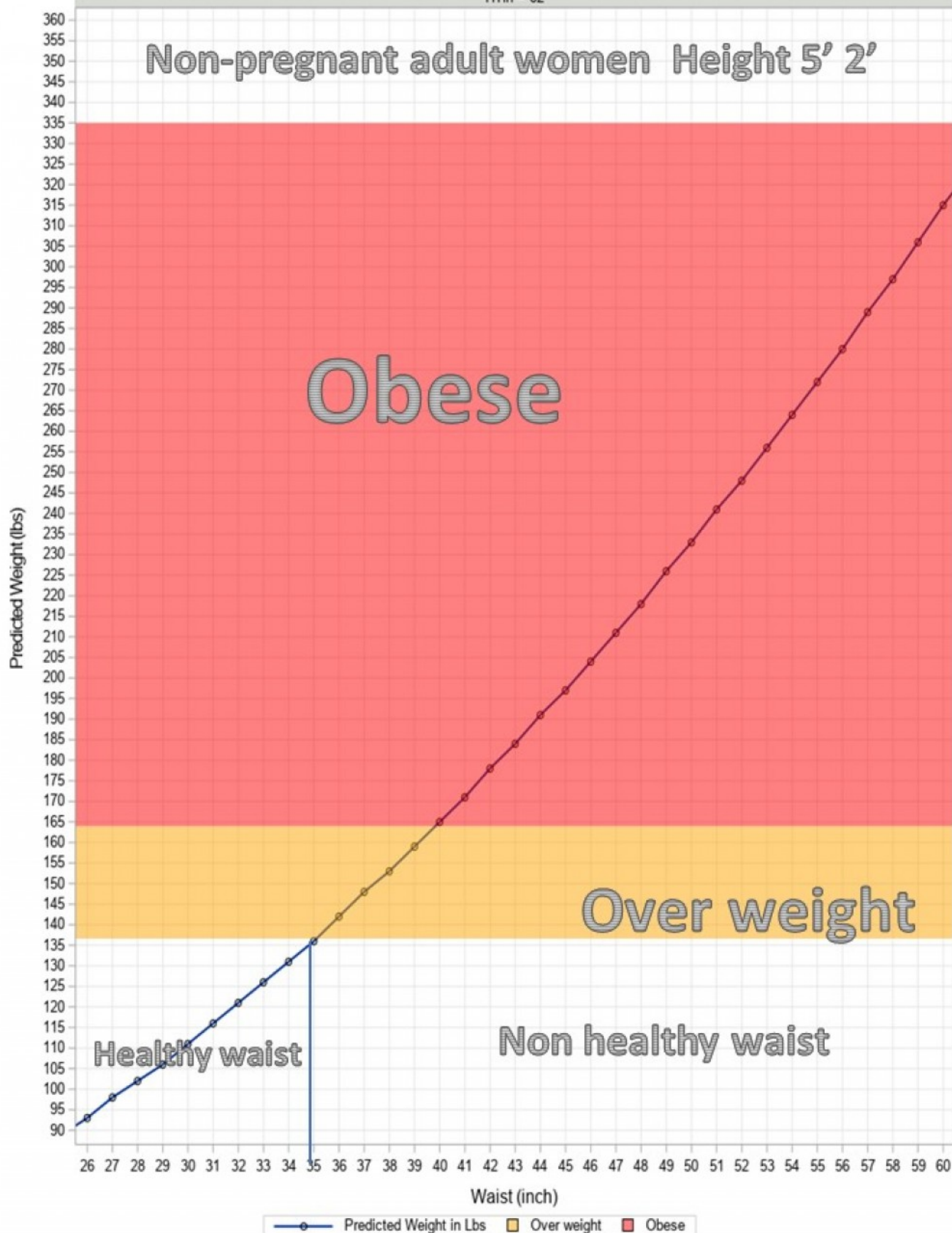
Achieve Fitness Goals by Maintaining Healthy Waist Size with Maximum Weight Limit Chart

Free downloadable custom healthy waist size chart for both adult male and female

Predicted body weight for adult women in lbs by waist (inches) for a given height

HTin = 62

Non-pregnant adult women Height 5' 2'



Contact: George Fernandez gcjfernandez@gmail.com

Sparks, Jan 10, 2019 ([IssueWire.com](http://www.issuewire.com)) - In this era of fitness, most of us are already aware of the adverse effects of obesity and how it leads to a wide range of chronic diseases. We all know that it is very important to maintain a specific weight range to stay fit. But how many of know that healthy waist size is actually the most important factor in our health and wellness?

Probably not all of us till today were very conscious specifically about waist size. Several studies have reported the importance of waist size and its effects has not been given importance in the BMI and maximum weight limit calculations. To overcome this limitation, a new predictive model was developed by George Fernandez. This customized healthy waist size chart for both male and female adults has the ability to can easily help adults in between the age group of 30-70 years to determine the maximum weight limit and the upper waist size to maintain healthy body weight. Overweight individuals can easily determine how much they need to reduce their waist size in order to achieve a healthy weight.

Dr. George Fernandez, former professor of applied statistics and the Director of the University Of Nevada- Reno Center for Research Design and Analysis is currently engaged with SAS Institute as a statistical training specialist. With more than 23 years of teaching and research experience in various disciplines, he has also been the author to different papers and posters that were published in peer-reviewed journal. His current solution of Maximum Weight limit chart has and will definitely benefit mankind to be in their fittest phase. This new practical and commonsense weight management index can be understood by ordinary adults and can also be manually computed by middle school students.

Join the bandwagon of fitness with this free downloadable custom healthy waist size chart for both male and female and for detail information visit https://sites.google.com/a/max-weight-limit.com/healthy_waist_size/

Media Contact

George Fernandez

gcjfernandez@gmail.com

Source : Statistical data mining

See on IssueWire : <https://www.issuewire.com/achieve-fitness-goals-by-maintaining-healthy-waist-size-with-maximum-weight-limit-chart-1621711521911111>

