



UNDERSTANDING WEIGHT & BODY COMPOSITION

Retirement from sport is known to be a time when weight or body composition can change. Regular health checks are key to supporting good brain health. Keeping an eye on our weight or body composition is an important part of our brain health toolkit.

BMI OR BODY COMPOSITION

With athlete populations, it is still debated whether body mass index (BMI) is a reliable, and helpful, measurement of weight. Instead, the recommendation is to focus on body composition (e.g., waist/hip ratio), which may better predict risks to cardiovascular and metabolic health.

Waist circumference is another metric that provides insight into this area. As a rule of thumb, the European Society of Cardiology guidelines for waist circumference are:

WAIST CIRCUMFERENCE THRESHOLD	GENERAL GUIDELINE
≥94 cm in men and ≥80 cm in women	No further weight should be gained
≥102 cm in men and ≥88 cm in women	Weight reduction should be explored

DID YOU KNOW?

Body composition measures the proportion of the body that is made up of bone, muscle, tissue and water. Waist/hip ratio (WHR) helps measure the distribution of fat in the body.

TOP TIP

As you approach retirement, speak to your doctor or healthcare provider about the best approach to managing your personal weight/body composition post-retirement.