



Muffin tops and Moobs taking over

Know the meaning of a **muffin top**? Heard the word **moob** before? If you haven't then you soon will. New research has revealed nearly three quarters of Aussie women (71%) admit to having a muffin top (flesh overhanging the waist) with 42% of Aussie men confessing to having moobs (man boobs), cementing our position as one of the fattest nations in the world.

The independent research, conducted by **SumoSalad**, Australia's favourite healthy fast food outlet, asked 1,000 Aussie men and women to reveal all about their eating habits, increasing waistlines and wobbly bits as part of their drive for a fitter, healthier nation. With the more-than-weighty results now in, it really is time for people to take a good look at their health and wellbeing.

More about muffin tops

- The tell-tale signs of a muffin top are most likely to show in a woman's 20s with nearly a third (28%) of women confessing to first developing one between the ages of 20-29
- ACT residents topped the muffin top charts (82%) while women in WA were least likely to have one, however a hefty 63% still admitted to bulges over their jeans!
- Nationally, those working in hospitality and tourism were the biggest muffin top holders (85%), closely

followed by secretaries (83%)

Show us your moobs!

- When it comes to Aussie men, around four in ten (42%) admit to having moobs with the majority (43%) developing them in their tubby teens
- Truckers and van drivers were the most likely culprits (59%) – with junkfood probably playing a part on those long journeys - closely followed by marketing and media types (57%), with all that wining and dining!
- Meanwhile West Australians had the biggest percentage of men with moobs (59%), with muscle-bound men in NSW and ACT having the lowest percentage (39% and 27% respectively)

You don't have to be obese to be unhealthy, and muffin tops, moobs and cankles (swollen ankles which blend into the calf), are all tell-tale signs of not eating a balanced diet. With recent government statistics showing that 62% of Australians are now classified as overweight.

Is poor diet to blame for the increase in overweight problems?

- Yes, alarmingly only 6% of Aussies said their diet was excellent and regularly included fruit, vegetables and plenty of water
- Three quarters (75%) of

those surveyed said they generally eat healthy and only occasionally indulge in junk food,

17% admitted to rarely eating healthy food and consuming far too much junk

Retail workers rated their diet the worst with nearly a third (28%) eating junk food once or twice a day, followed by tradesmen (21%) and IT workers (20%).

