

BODY MEASUREMENT *Guide*

Assessing health can be done in more ways than reading a number on the scale alone. Measurements are an effective tool to see progress as your body changes; decreasing in body fat and increasing muscle mass, as you create new habits and behaviors. Below is guidance on taking accurate body measurements.

Recommendations:

- Clothing removed or consistent clothing worn
- Position of tape is crucial – mark your spots if necessary
- Tape is snug, but not too tight or too loose
- Tape must be flat
- All measurements taken on the right side of the body to maintain consistency

A Height: Measure with feet flat on the floor and head, shoulder blades, buttocks, and heels in contact with a wall or floor board.

B Neck: Measure around the middle of your neck, near where the Adam's apple is or would be.

C Chest: Measure at the middle of the breast-bone, with the tape passing under the arms - slightly above the nipple line. After the tape is in position, relax your arms by the side, and take the measurement at the end of a normal exhale.

D Bicep: With the arm relaxed and hanging by the side, measure the circumference midway between the shoulder and the elbow.

E Waist: Measure at the narrowest part of your waist or at the midpoint between your lowest rib and the top of your hipbone. If you are unsure this measurement was taken at the narrowest part, take several others at different heights and record the lowest measurement.

F Hip: Measure around the widest part of your hipbones and buttocks. Stand tall with your weight evenly distributed on both feet and legs about hip distance apart, making sure not to tense your buttock muscles.

G Mid-Thigh Circumference: Standing with weight distributed equally between your legs, measure the circumference of your thigh midway between your hip and knee.

