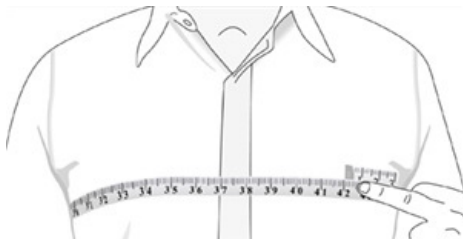


# How to Take Body Measurements

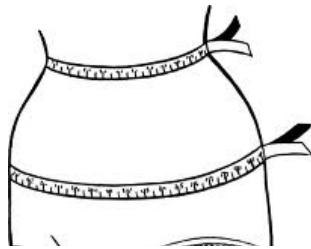
Body measurements can be a useful way to track your progress. When the scale isn't moving in your favour, taking your measurements can be another way to track your progress. Remember that muscle weighs more than fat but people with more muscle than fat are leaner.

Not sure how to measure yourself properly? Follow these tips to be able to track your progress by inches lost.

**NOTE:** You may need the assistance of a family member or friend to help with certain measurements. And remember, the tape should always be snug but not too tight.

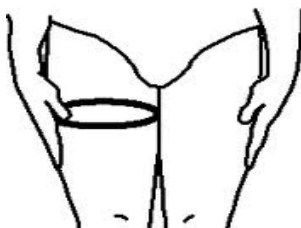


**Chest/Bust:** Stand up naturally with hands down at your side. Put the tape measure around the fullest part of the chest and over the shoulder



**Waist:** Place the measuring tape about a ½ inch above your belly button (at the narrowest part of your waist) to measure around your torso. When measuring your waist, exhale and measure before inhaling again.

**Hips:** Place the measuring tape across the widest part of your hips/buttocks and measure all the way around while keeping the tape parallel to the floor.



**Thigh:** Measure around the largest part of each thigh.



**Upper Arm:** Measure around the largest part of each arm, above the elbow.

## Other Tips for Measuring:

- When taking measurements, stand tall with your muscles relaxed and your feet together.
- When measuring, apply constant pressure to the tape (so it doesn't sag) without pinching the skin.
- Use a flexible measuring tape, such as plastic or cloth.
- Measure under the same conditions each time, such as wearing the same clothes (or none at all).
- Measure yourself in front of a mirror to make sure the tape is positioned correctly.
- The place to take some of the measurements will vary slightly from person to person. To ensure accuracy, just remember to take them in the same place on your body each time.