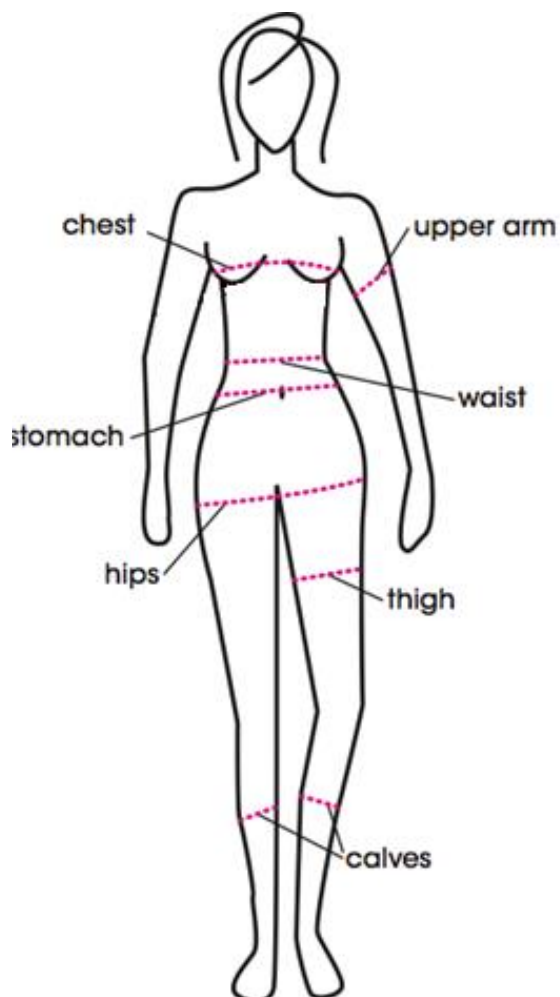


## Measuring Tips

- Always use a cloth measuring tape, not a metal one, as it's much more accurate.
- Advise the client to breathe normally and don't 'suck in' to get a better number as it won't be reflective of the true stats and can skew results at the next measurement.
- Pull the tape so that it is snug but not too tight.
- Be consistent with your measuring. If you need to, write down exactly where you measured so that you remember each time you do it.



### Chest

Place one end of the tape measure at the fullest part of your breast, which is usually your nipple. Wrap the rest of the tape around your back and under your arms to join back up.

## Waist

It's the natural fold that you get when you bend over to one side. Located just above your belly button, it tends to be the smallest part on your torso.

Place one end of the tape above your belly button and bring the other side of the tape around your back to join up again.

## Stomach

Use your belly button as the measuring point for your stomach. The key is just to be consistent and this makes it super easy to do so.

## Hips

Measure at the widest point of your hips or bottom.

## Thighs

Use the fullest part of your thigh as the point to measure. This may be ever so slightly different on each leg, so you will need to measure both separately.

## Upper Arms

Once again it's the fullest part that you want to measure. Often your dominant arm can be more muscular (as it's used for lifting bags, babies, and shopping) which can affect the numbers.

## Calves

On each leg, measure the largest part of your lower leg.