

# MEASURING YOUR WAIST & HIP CIRCUMFERENCE



## WAIST

1. Remove or wear thin clothing around the abdomen and hips.
2. Hold the tape measure at the bottom of the ribs.
3. Breathe out normally.
4. Bring the tape around the waist.
5. Do not hold the tape too tight and ensure the tape measure is straight around the back.
6. Record the measurement.

## HIP

1. Remove or wear thin clothing around the abdomen and hips.
2. Lift one leg out to the side.
3. Hold the tape measure at the crease created at your hip from the lifted leg.
4. Bring your leg back down and wrap the tape around your hips at that same spot.
5. Do not hold the tape too tight and ensure the tape measure is straight around the back.
6. Record the measurement.