

Instructions for measuring your waist and hips

- Use a soft measuring tape.
- Take measurements either unclothed or in form fitting clothes e.g., gym gear.
- Stand up straight in front of a mirror to position the measuring tape correctly.
- If possible, get someone to help you take the measurements. Relax your tummy muscles.
- Record the measurements to the nearest half centimetre.

1. Measuring your waist



- To measure your waist, place the tape measure halfway between the lowest rib and the top of your hip, roughly level with your navel. Check that the tape measure is horizontal all the way around your body

- Start at the '0' end of the tape. Pull the tape so that it is snug and does not slide, but not tight that it indents the skin. You should be able to slip your fingers under it comfortably.
- If you are taking the measurements over clothing, pull the tape bit tighter to compensate.
- Measure twice. The two measurements should agree within half a centimetre of each other.
- If not, take a third measurement and record the two closest measurements.

2. Measuring your hips



- To measure your hips, slide tape measure down and measure at the widest point around your bottom.
- Check to make sure the measuring tape is horizontal and start at the 0 end of the tape measure.
- Measure twice. The two measurements should be the same within 1/2 a centimetre of each other. If not, take a third measurement and record the average of the three.

3. Record your measurements

- Record your measurements and upload them to your profile page.