

metabolic **balance** HOW TO GUIDE: TAKING YOUR BODY MEASUREMENTS



Before you begin



You will need:

- Tape Measure in cm
- A friend or family member
- Note pad and pen for measurement recording.

Important

1. Do remove bulky clothing or wear thin clothing around the abdomen and hips
2. Take your shoes off (socks are fine to wear)
3. When taking measurement, ensure that the tension of the tape measure is firm but not pulled so tightly as to compress your natural shape.



Date measurements taken:

	Your measurement (cm)	Point to floor measurement (cm)
Waist		
Hip		
Thigh		
Height		

01

Your waist measurement

1. Find your natural waist. This may be at your naval or a point between the top of your hip bone and bottom of your rib cage.
2. Pass the tape around your waist. and breathe out normally to relax.
3. Record the measurement.
4. Ask your helper to now measure from where the tape measure was positioned around your waist to the floor. This measurement is to help you re-measure in the same place in the future.



02

Your hip measurement

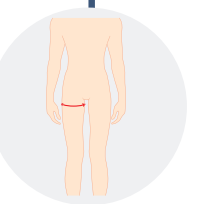
1. The hip measurement is taken at the widest part of the hips this includes around the bottom.
2. Stand with your feet in a comfortable position and your feet about shoulder-width apart.
3. Ask your helper to stand to your side so they can see the widest part to take an accurate measurement.
4. Place one end on the side of the hip at its widest part and pass the tape measure around the hips.
5. Record the measurement.
6. Measure again from the point the hip measurement was taken to the floor to allow for easy re-measuring in the future.



03

Your thigh measurement

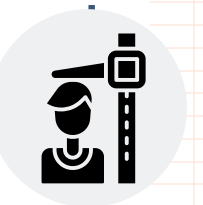
1. Stand with your feet shoulder width apart
2. Ask your helper to stand at your side so they can wrap the measuring tape around the top of your right leg at the widest part. Stand with your weight evenly over both legs.
3. Ensure that the tape is firm but not tight and level around the leg.
4. Record the measurement.
5. Measure from the point the thigh measurement was taken to the floor to allow for easy re-measuring in the future.



04

Your height measurement

1. Height measurements are best taken against a wall or door
2. Stand straight with your back flush to the wall and arms at your side (you must not be wearing shoes)
3. Make sure you are looking straight ahead so your head is level
4. Ask your friend or family member to take the measurement for you for the most accurate reading
5. Record the measurement.



N.B. Most pharmacies or doctor surgeries will have an accurate height measurement stadiometer. You may prefer to visit your local pharmacy and ask them to do this for you.