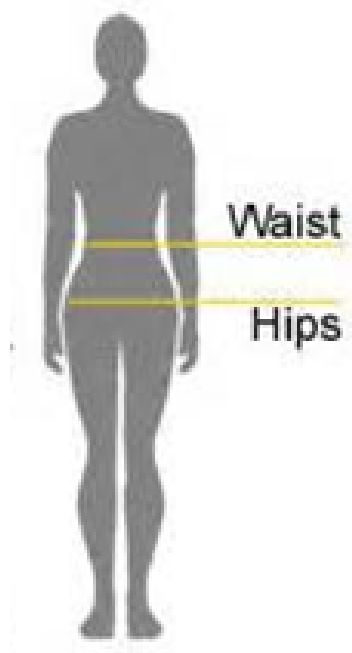


## Measuring Your Waist Circumference

Make sure to take the measurement at the *end* of expiration (after you have exhaled), when the diaphragm is in its neutral position. Use a “spring loaded tape measure” if you have one, to provide a constant tension for consistency with all measurements. A regular cloth, non-stretch tape measure will also work.

1. Locate the lowest point of the last rib and the crest of the ilium (top of the hip bone).
2. With a tape measure, find the midpoint of those two locations.
3. Hold the end of the tape measure over the midpoint and wrap it around your body (Measure around as little clothing as you are comfortable with)
  - a) NOTE: Check that the tape is horizontal across the back and front.
4. Be sure to:
  - a) Stand with your feet together.
  - b) If someone else is helping you, *which is advised*, have them complete the steps above while you place your arms at your side with the palms facing inwards.
  - c) Breathe out gently.
5. Measure waist circumference and read the measurement at the level of the tape to the nearest 0.1 inch.
6. Record the measurement.



Target Waist Circumference	
Women	<35 inches
Men	<40 inches