

TAKING ACCURATE BODY MEASUREMENTS

For accurate body measurements you need two things: 1) An accurate scale 2) Cloth measuring tape. It is also beneficial to enlist the help of a friend when conducting measurements.

Measuring basics

Have fun and be patient as taking measurements can seem tedious. But, as you practice you will soon become skilled and in no time - it will take little time to capture these measurements. It is also to your benefit with regard to saving time and acquiring accurate measurements to wear tight fitting clothing with uncovered arms and legs.



Right Calf: It is important that you distribute your body weight evenly on both feet. Your point of measure will be somewhere between the ankle and the knee where you are to measure the calf at the widest part.

Right Thigh: Keeping your feet at hips width and your body weight evenly distributed in the middle. It is important to measure the upper part of your thigh (between the hip bone and knee cap) at its widest part. It is also best to tighten the tape measure so it is firm but not squeezing the skin.

Hips: Stand with your feet at hips width and your body weight evenly distributed in the middle. Wrap the tape measure around your hips and with the use of a mirror, place the tape measure at the peak of your buttock. Take a close look to ensure the tape measure is at an even height all the way around your hip area. Tighten the tape measure so it is firm but not squeezing the skin.

Waist: Stand tall with your feet at hips width and your body weight evenly distributed in the middle. Don't suck your gut in, but relax and breathe regularly as though no one is watching. Wrap the tape measure evenly around your waist and place the tape measure one inch below your belly button or at the peak of the belly (which ever is widest). Take a close look to ensure the tape measure is at an even height all the way around your waist. Tighten the tape measure so it is firm but not squeezing the skin.

Chest (MEN): Stand tall with your feet at hips width and your body weight evenly distributed in the middle. Wrap the tape measure around your chest and place the tape measure at the peak of your chest (typically across your nipples). Take a close look to ensure the tape measure is at an even height all the way around your chest. Tighten the tape measure so it is firm but not squeezing the skin.

Chest (WOMEN): Stand tall with your feet at hips width and your body weight evenly distributed in the middle. Wrap the tape measure around your chest and place the tape measure at the peak of your chest. Take a close look to ensure the tape measure is at an even height all the way around your chest. Tighten the tape measure so it is firm but not squeezing the skin.

Right Bicep: Place the tape measure between the shoulder and elbow of your dominant arm; centered on your bicep with your arm extended out to the side. Tighten the tape measure so it is firm but not squeezing the skin.

Right Forearm: Place the tape measure evenly around the widest part of your forearm. Tighten the tape measure so it is firm but not squeezing the skin.

Right Wrist: Place the tape measure around your wrist in the same area you wear a watch -- above the ball joint of your ulna -- to determine the circumference of your wrist in inches.