



Taking Body Measurements

REMEMBER: Be kind to your body. It's beautiful and strong. Heck it powered you through a tough HIIT workout today, didn't it!

Method:

1. Wear fitted clothing or no clothing at all. Stand with feet together and body relaxed for all the measurements.
2. Use a flexible, inelastic tape measure or pieces of string (remember to ID which area they represent).
3. Take your measurements at least twice at each location and take the average of both measurements to get your final numbers.
4. For all measurements, pull the tape measure or string so that it sits on the surface of the skin, but doesn't compress the skin.
5. Take your measurements first thing in the morning before eating or drinking anything.
6. Every time you retake your measurements, take them at the same time, under the same circumstances so you can trust the results.

Chest - Measure around the widest part around your bust/chest (generally across the nipples).

Waist - Measure around the waist at the narrowest part of the torso, generally just above the belly button.

Abs - Measure around the abdomen at the widest part of your torso, generally about 1 inch below the belly button.

Hips - Measure around the hips at the widest part of your buttocks.

I also recommend you take some pictures of yourself in your bathing suit or undies: front, side and back views. You can repeat these measurements (and photos) at the end of the 4-week challenge to assess your progress.

Cheers, Tannika@Let Fit Happen