

How to measure your waist circumference

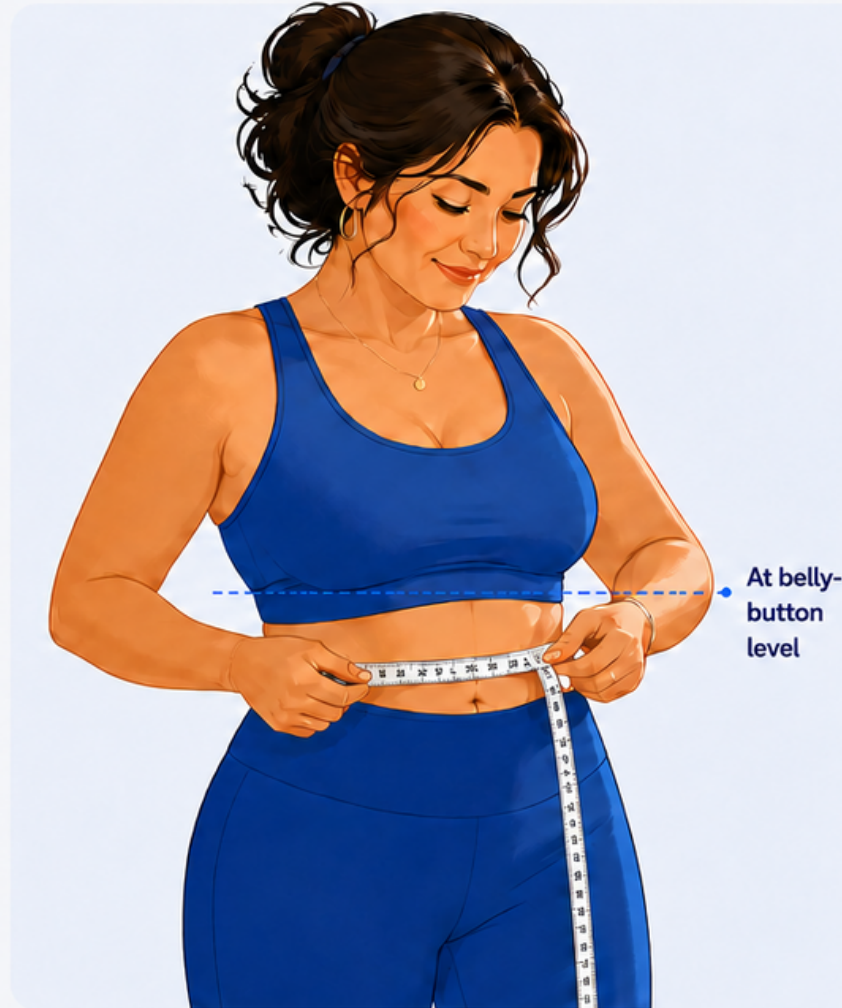
A QUICK, SIMPLE GUIDE

1  **STAND RELAXED**
Feet hip-width apart,
arms by your sides.

2  **BREATHE OUT**
Breathe out normally.
Don't hold your breath
or suck in.

3  **PLACE THE TAPE**
Wrap the tape measure
around your waist at
belly-button level.

4  **KEEP IT LEVEL & SNUG**
Make sure the tape is
parallel to the floor,
lightly against the skin,
not squeezing.



What's a healthy waist measurement?

For women, waist circumference can help indicate potential metabolic and cardiovascular health risk.

 **UNDER 88 cm**
(under 35 in)
LOWER RISK

 **ABOVE 88 cm**
(above 35 in)
INCREASED RISK

This is a general guideline.
Your overall health is influenced by
many factors, including strength,
fitness, sleep, nutrition and stress –
not just one number.



The scale doesn't tell the whole story.
Body composition, muscle, bone health, energy, mood, sleep,
and how you feel day to day all matter just as much (often more).

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There's plenty more tools inside the Shake It Off® System