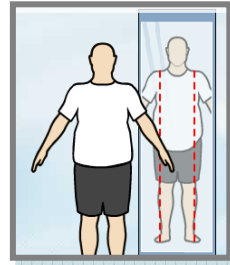


# Waist Circumference Measurement Guidelines—Self-Measurement

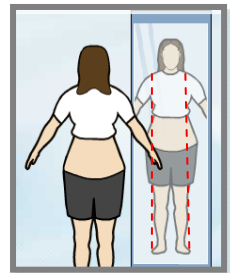
## Step 1

Place yourself in the following manner:

- Stand in front of a mirror
- Ensure your abdomen is unrestricted and clear
- Feet shoulder-width apart



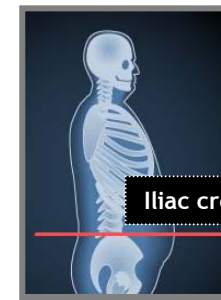
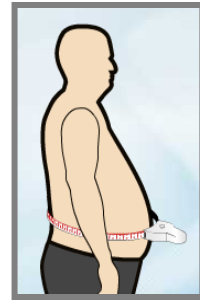
Man



Woman

## Step 2

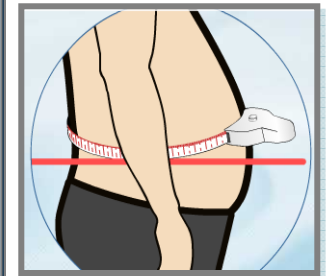
- Wrap the measuring tape around your waist and insert the end of the tape into the appropriate slot.
- Locate the uppermost border of your hipbones (iliac crest) on your right-hand side.



Iliac crest

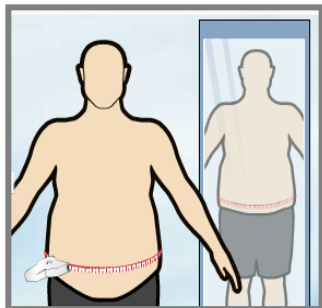
## Step 3

- Align the bottom edge of the measuring tape with the top of your hipbones.



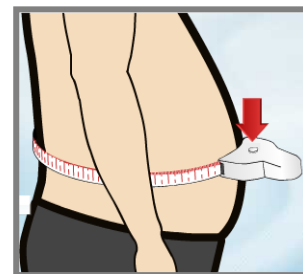
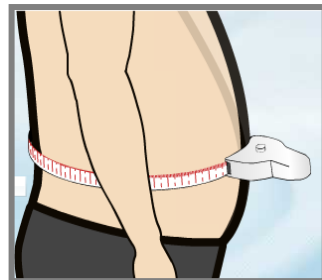
## Step 4

- With the help of a mirror, ensure that the tape is placed horizontally and wraps all around your abdomen.



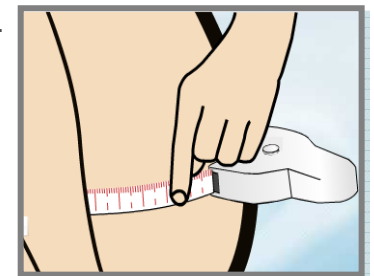
## Step 5

- Before taking the measurement, take 2-3 NORMAL breaths.
- At the end of the 3rd expiration, make a final adjustment by gently tightening the tape around your abdomen using the tape's central button.



## Step 6

- Take the measurement at the end of a NORMAL expiration.
- Before removing the tape, pinch the end of the measuring tape with your fingers closest to your measurement and hold it in position.
- Note the result.



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