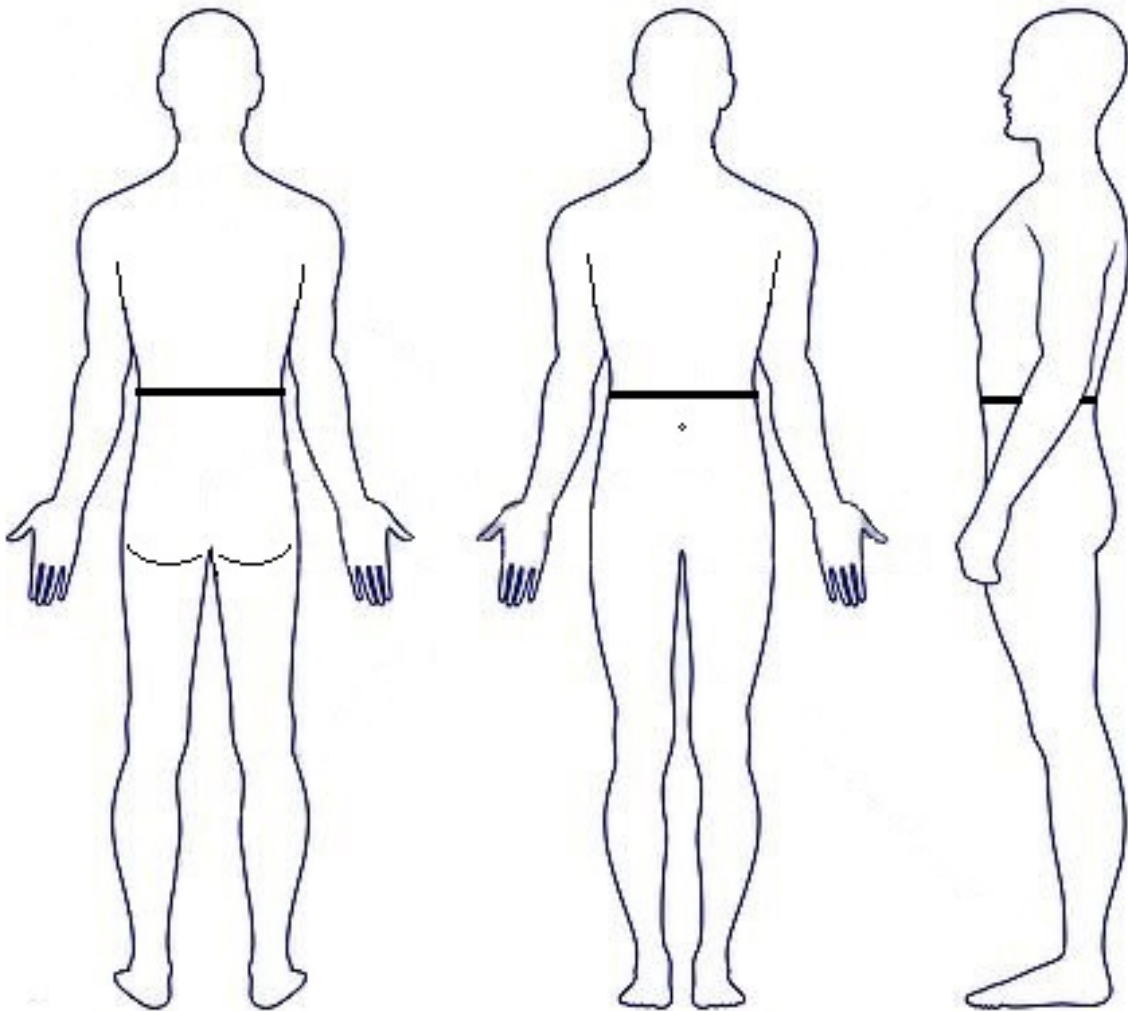


Waist



Measure the circumference of the waist. Use the tape measure to circle the waist (like a belt would) at the narrowest part of the natural waistline, which is located above the navel and below the rib cage. When bending to the side, the crease that forms is the natural waistline. Don't suck in stomach, as this would result in a false measurement. This measurement is best taken mid-breath.