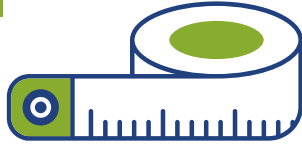


Part One

Taking Your Waist Measurements

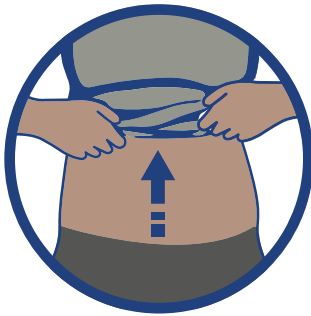
Materials



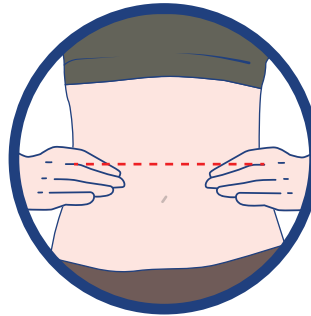
Flexible tape measure



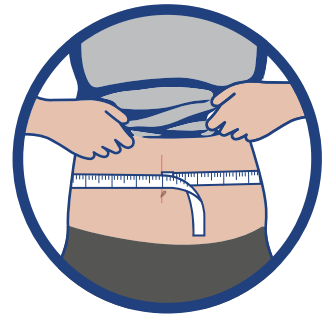
Taking the measurement is easier and more accurate, if you have someone who can help.



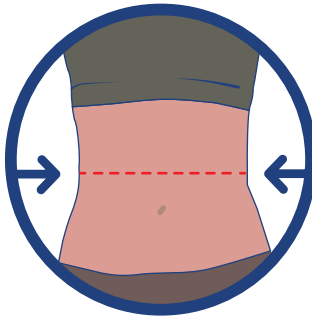
1 Remove or raise clothing so tape measure rests against bare skin.



2 Find your waist. With your fingers, find the top of your hips and measure your waist there, usually a little bit above your belly button.



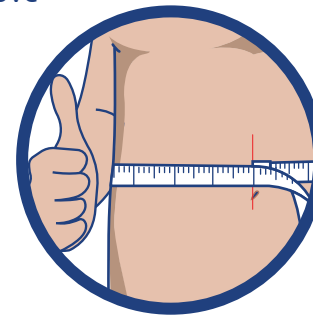
3 Place the measuring tape around your middle, just above your hipbones.



4 Make sure the tape is horizontal around your waist. Measure your waist just after you breathe out.

The tape should be:

- level with the floor
- snug
- not too tight



5 Measure it a second time to make sure it is accurate.

- write down your **waist size** in centimeters (round to the nearest centimeter)
- write down your **height** in centimeters
- your Special Olympics program will let you know how to share your numbers

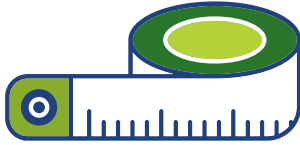


You can compare your height to your waist size to see how many centimeters in your waist you need to lose. Your waist is a healthy size if it is not larger than half of your height in centimeters. A larger waist size increases your risk of several health conditions. This information applies to men, non-pregnant women and children 2 and older.

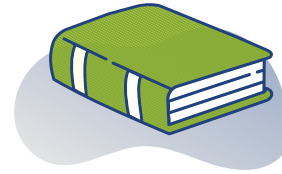
Part Two

Taking Your Height Measurements

Materials

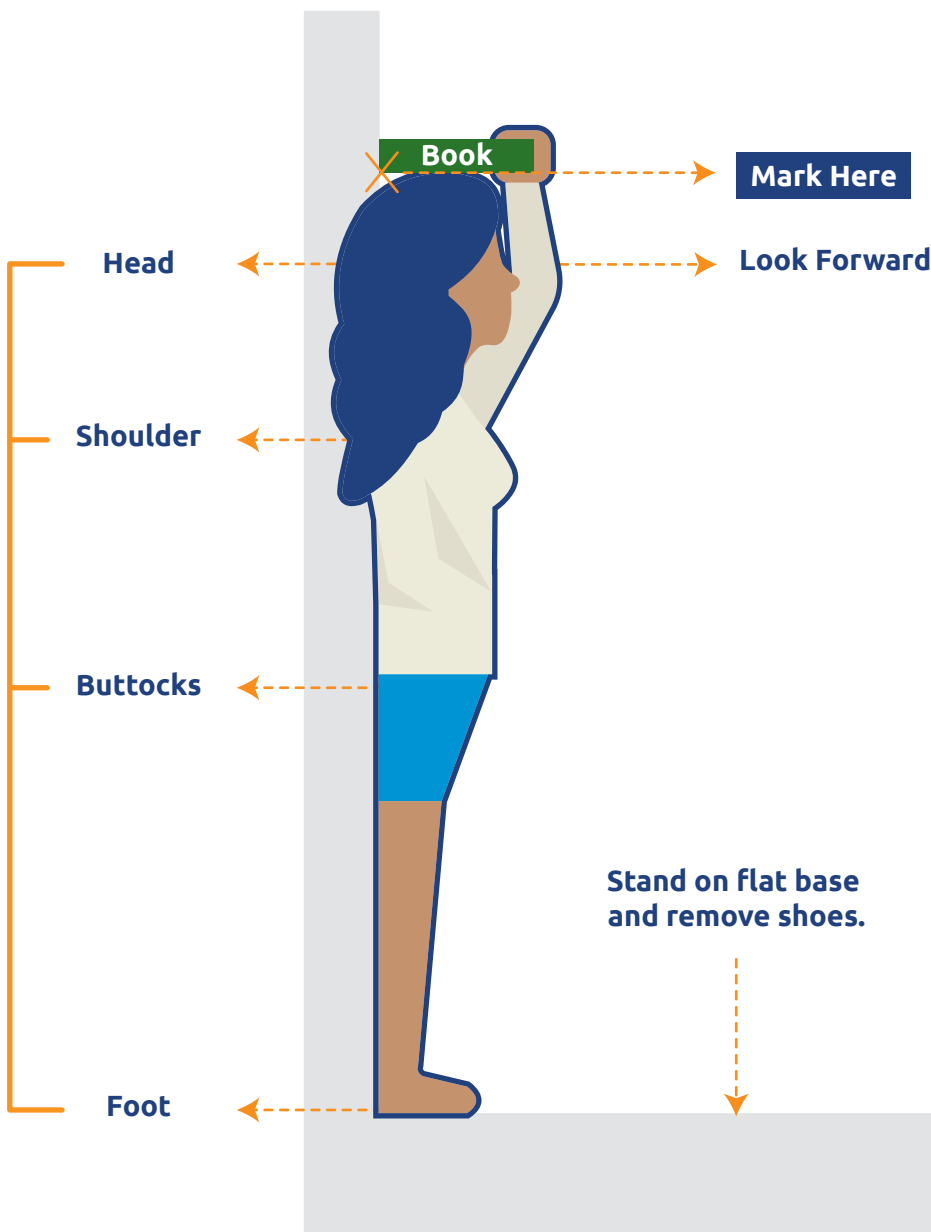


Tape measure



A flat sturdy object

Touch Wall Surface



Steps

- **Remove any shoes** or hats you may be wearing.
- **Stand with your back against a wall** - feet together, looking directly ahead.
- **Place a book / box/ sturdy flat object on your head** perpendicular (a T) to the wall.
- **Mark the wall** at the top part of your head where the bottom of the book touches the wall
- **Step away** and use a tape measure to check the distance from the floor to your marking on the wall.
- **Record** your height in centimeters.

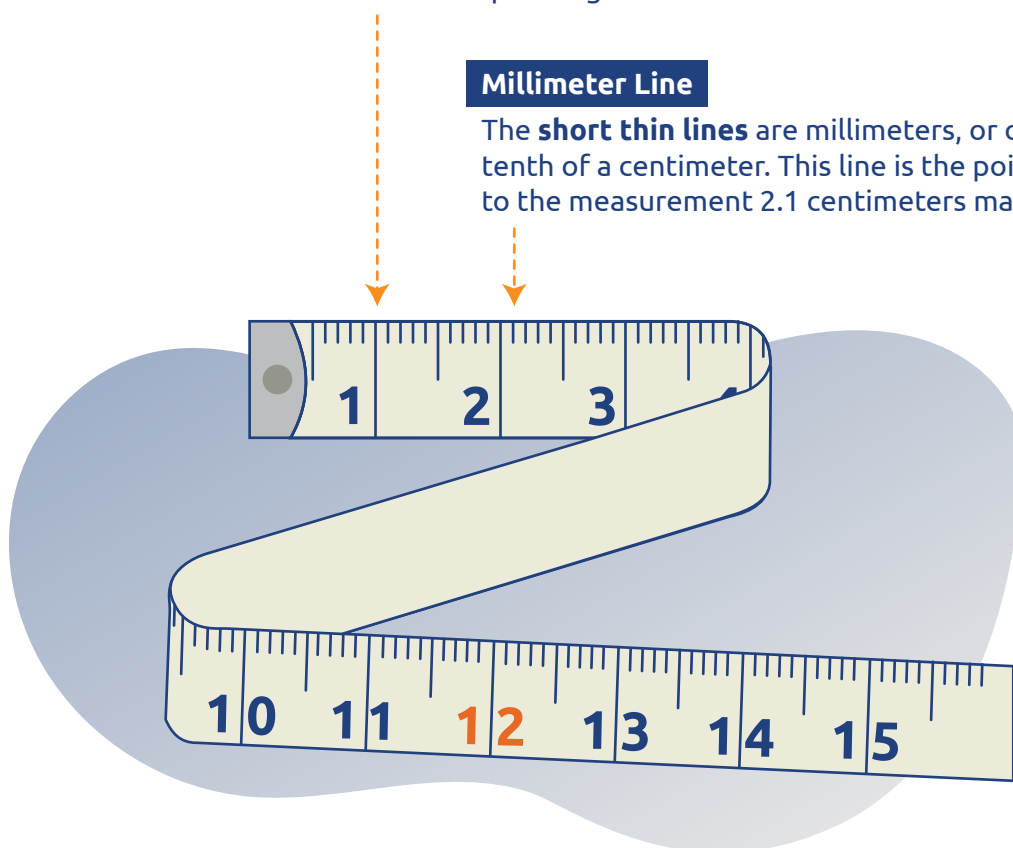
How to Read a Tape Measure

Centimeter Line

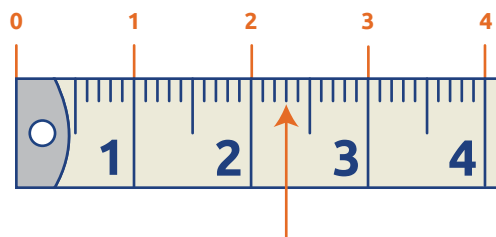
Use the **big numbered markings** for centimeters. This line is the pointing to the 1 centimeters mark.

Millimeter Line

The **short thin lines** are millimeters, or one tenth of a centimeter. This line is the pointing to the measurement 2.1 centimeters mark.



Recording your Measurement



If you measure something past the big number 2 marking to the third smallest marking, it measures 2.3 centimeters long. This measurement is **closest** to the big number 2, so you will record 2. **Round your measurement up or down to the nearest centimeter (big number).**

Measuring Tip

- **Keep the tape as straight as possible** while measuring. If it sags, you won't get an accurate read.

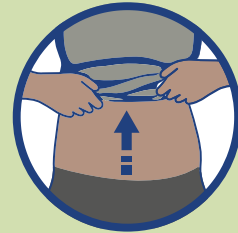
How to:

Measure your waist if you don't have a tape measure.

Materials: Yard Stick or Ruler String or Dental Floss

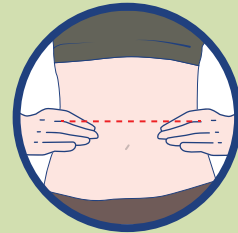
1

Remove or raise your clothing. Ideally, you'll want to measure your waist against your bare skin, since bulky tops or undergarments might make your measurement inaccurate.



2

With your fingers, find the top of your hips and measure your waist there. It's usually a little bit above your belly button.

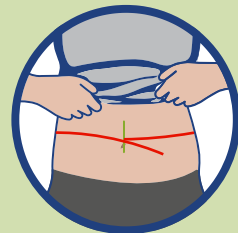


3

Make sure the string is horizontal around your waist. Measure your waist just after you breathe out. The string should be :

- level with the floor
- snug and
- not too tight

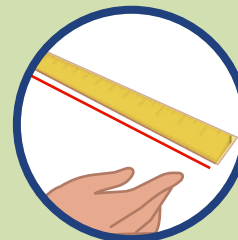
You can also use dental floss or yarn if you don't have string.



4

Lay your string out flat, then use a yardstick, metric stick or ruler to measure the length.

Make sure the string is straight when you measure it with a ruler. If it's not, your measurement will be slightly smaller than your waist really is.



5

Write down your waist in inches (round to the nearest inch) or centimeter (round to the nearest centimeter.) Write down your height in inches or centimeters. Your Special Olympics program will let you know how to share your numbers.

