**Waist Height Measurement**

As part of the Health Assessment, please enter your current weight. Please also measure your height and waist according to the printed instructions.

US (Imperial) Instructions

<https://media.specialolympics.org/resources/health/disciplines/health-promotion/virtual/Waist-Height-Measurement-Guide-Imperial.pdf>

US (Imperial) Video

<https://resources.specialolympics.org/health/health-promotion/special-olympics-waist-height-measurement-guide-imperial>

A short video describing the correct way to do your height and waist measurement is available.

International (Metric) Instructions

<https://media.specialolympics.org/resources/health/disciplines/health-promotion/Health-Promotion-Waist-Measurement-Instructions-Metric.pdf>

International (Metric) Video

<https://resources.specialolympics.org/health/health-promotion/special-olympics-waist-height-measurement-guide-metric>