



## How to Measure Waistline

Remove all layers of clothing, so that tape is on your bare skin. Begin by taking your tape measure, and wrapping it around your stomach. Be sure to place the tape measure two inches above your belly button.

Please be sure that you are not squeezing it too tightly, and that your tape measure is straight around the stomach. Leave a little room for ease.

Breathe regularly while measuring, do not hold your breath. When exhaling, check where the tip of the tape meets the line. That is your measurement.

