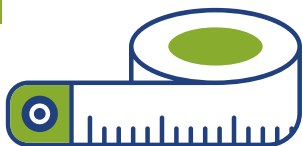# Taking Your Waist Measurements
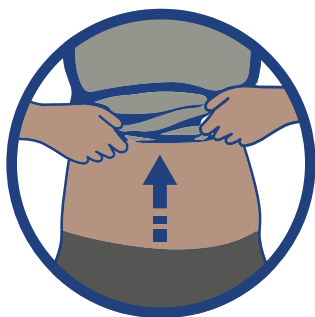
Materials
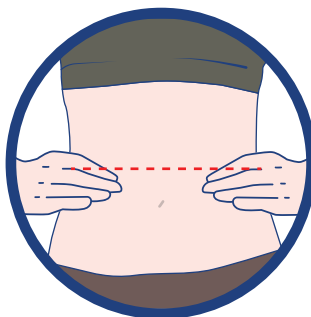
Flexible tape measure
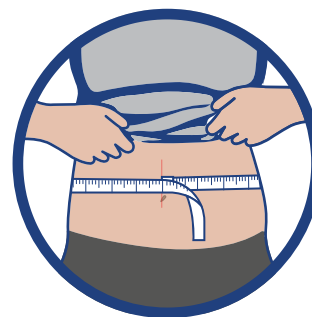
Taking the measurement is easier and more accurate, if you have somone who can help.
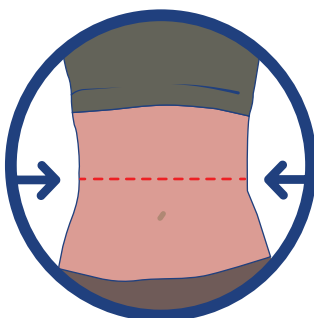
1 **Remove or raise clothing** so tape measure rests against bare skin.

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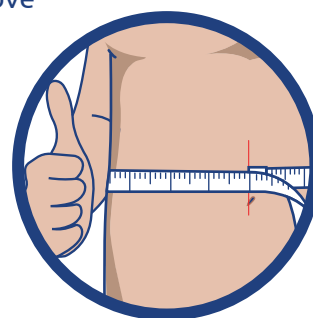
3 **Place the measuring tape around your middle**, just above your hipbones.

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
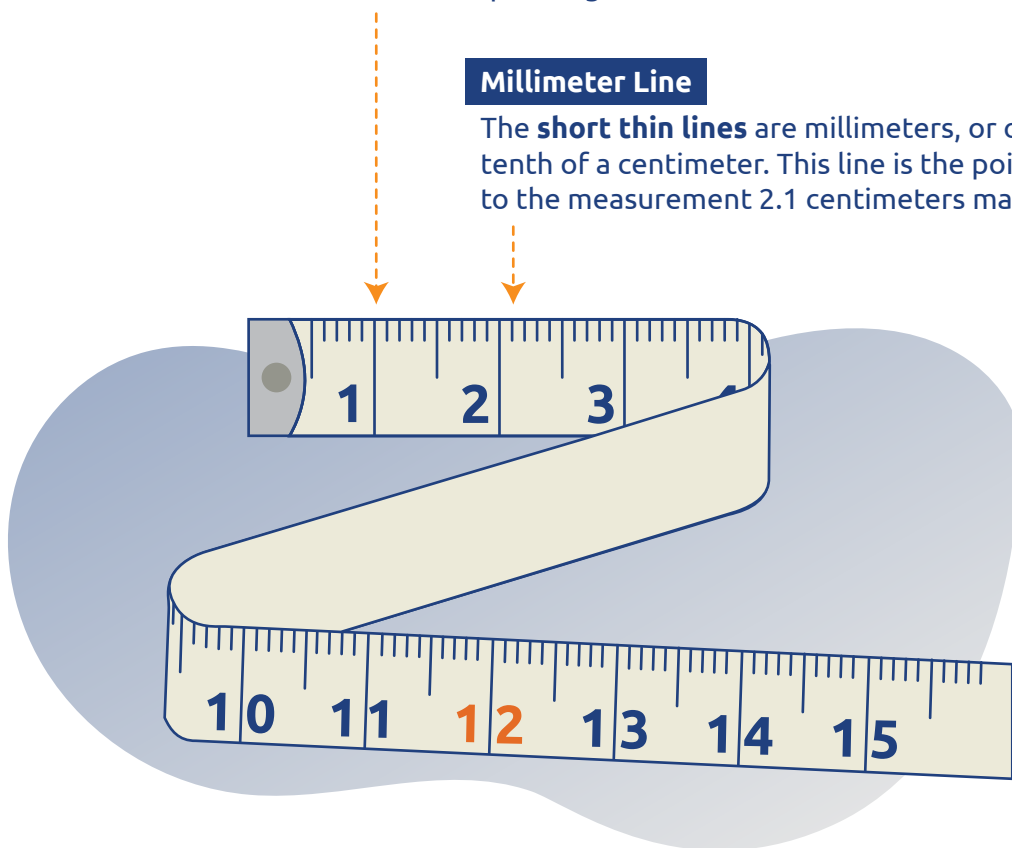
How to Read a Tape Measure
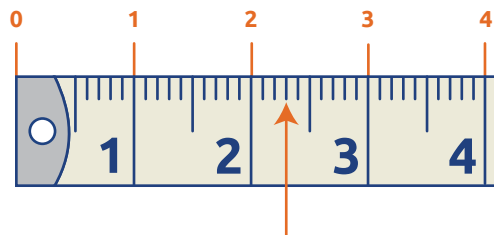
Centimeter Line

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.

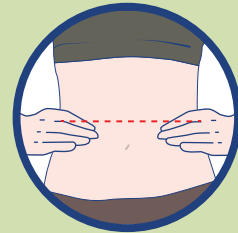**Materials:**   Yard Stick or Ruler   String or Dental Floss

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.
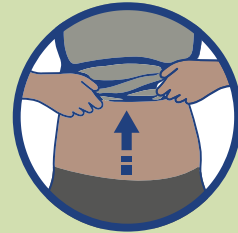
2 With your fingers, find the top of your hips and measure your waist there. It's usually a little bit above your belly button.
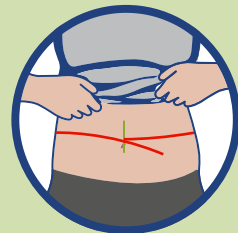
3 Make sure the string is horizontal around your waist. Measure you waist just after you breathe out. The string should be :
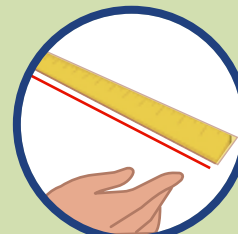- level with the floor
- snug and
- not too tight

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.